A

Choice Manual,

OR,

Rare and Select

SECRETS

IN

PHYSICK

AND

CHIRURGERY;

Collected, and practiſed by the Right Honourable the Counteſs of KENT, late deceaſed.

Whereto are added ſeveral Experiments of the Vertue of Gaſcon powder, and Lapis contra Yarvam by a Profeſſor of Phyſick.

As alſo moſt exquiſite waies of Preſerving, Conſerving, Candying, &c.

The Eighteenth Edition.

London, Printed for *Henry Mortlock* at the Phœnix in St. *Paul's* Church-yard. 1682.

Maria Burton
July th 2.
1835.

ELIZABETH *Late*
Countess of Kent.

K. Gray (E.)

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Anne Howe
her booke Given
her by the Right
honble Lady Howe
her mother Aprile
the 17 1617

BRITISH MUSEUM

To the vertuous and most Noble Lady, *Lætitia Popham*, Wife of the Honourable and truly Valiant Col. *Alexander Popham*.

Thrice Noble and truly Vertuous Lady.

After mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occurred more probable than this small Manual; which was once esteemed a rich Cabinet of knowledge, by a person truly Honourable. May it auspiciously procure but your Honourable friendly Estimation, and then I doubt not, but it will find an universal acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich Magazine of experience, having since taught the world its approved excellency, yea, even in many

dangerous exigencies. All I humbly crave for the preſent is, my bo'dneſs may be ſavourably excuſed; ſince 'twas my lawful ambition, thereby to avoid ingratitude, for the many ſingular favours I have already received from your endeared truly Honourable Husband, my alwaies true noble Friend, and moſt happy Country-man. God multiply his bleſſings upon all your noble Family, and make you no leſs honourable here on Earth, than eternally happy hereafter; which ſhall be the daily prayer of him: whoſe higheſt Emulation, is,

In all due waies,

abundantly to Honour

and ſerve you,

W. J.

TO THE READER.

Courteous Reader,

WEll remembring that we are all born for the weal-publick good: I here tender to thy perusal this small, and yet most excellent Treatise, Entituled, *A Choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a most serious reflex, know, that nothing is absolutely perfect, and withall, that the richest and most sovereign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure: For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine, W. J.

TO THE READER.

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A

Choice Manual,

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IN

PHYSICK,

By the Right Honourable the *Countess* of KENT.

A very good Medicine for a Consumption and Cough of the Lungs.

TAke a pound of the best Honey as you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two peniworth of flower of brimstone, and

and 2 penniworth of powder of Elecampane, and 2 penniworth of the flower of Liquorice, and 2 penniworth of red Rose-water, and so stir them together, till they be all compounded together, and put it into a gally-pot, and when you use it, take a Liquorish-stick, beaten at one end, and take up with it as much almost as half a Walnut, at night when you go to bed, and in the morning fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sir John Digbies *Medicine for the Stone in the Kidneys.*

Take a pound of the finest Honey, and take 7 quarts of Conduit-water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth rises, scum it, and put in 20 whole Cloves, and let them seeth softly for the space of half an hour, and so bottle it up for your

your use, and drink it morning and evening, and at your meat, and use no other drink until you are well.

A Medicine for the falling sickness.

Take a peniweight of the powder of Gold, six peniweight of Pearl, six peniweight of Amber, six peniweight of Coral, 8 grains of Bezoar, half an ounce of Piony seed, also you must put some powder of a dead mans Scull that hath been an Anatomy, for a woman, and the powder of a woman for a man: compound all these together, and take as much of the powder of all these, as will lie upon a twopence, for 9 mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintness take 3 drops of Oil of Cinnamon, mixed with a spoonful of sirrup of Gilliflowers, and as much Cinnamon-water, drink this for a Cordial.

Against

Againſt Melancholy.

Take 1 ſpoonful of Gilliflowers, the weight of 7 Barly corns of Bever-ſtone, bruiſe it as fine as flower, and ſo put into 2 ſpoonfuls of ſyrrup of Gilliflowers, and take it four hours after Supper, or elſe four hours after dinner, this will cheer the heart.

If you be ſick after meat uſe this.

Take of the beſt green Ginger that is preſerved in ſyrrup, ſhred it into ſmall pieces, put it into a gally-pot, and put Cinnamon water to it; then after dinner or ſupper eat the quantity of two Nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white Wine, one pint of *Aqua vitæ*, one pint of juice of Celandine, one dram of Cardamer, a dram of Mellilot-flowers, Cubebs a dram, Galingal, Nutmeg, Mace, Ginger, and Cloves of each a dram: mingle all theſe together over-night, the

next

next morning set them a stilling in a glass Limbeck. *The Vertues.* This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this water, it suffereth not the heart-burning, nor Melancholy or flegm to have dominion, it expelleth Urine, and profiteth the stomach, it preserveth a good colour, the visage. memory and youth, it destroyeth the Palsie.

Take some 3 spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardimomie, Mace, Nutmegs, of each a dram, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more, and mingle all the said spices being beaten

beaten into a powder, with the juice, with a pint of good *Aqua vitæ* and 3 pints of good white Wine, & put all these together in a pot, and let it stand all night being close stopt, and in the morning distil it with as soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidneys.

Take a good handful of Pellitory of the Wall, a handful of Mead Parsley, Saxifrage, a handful of wild Thyme, a handful of garden-Parsley, three spoonfuls of Fennel seed, 6 Horse-Radish-Roots sliced, then shred all these together, put them in a gallon of new Milk, and let them stand & steep in a close pot 1 whole night, and then still them, milk and all together, this must be done in *May* or *June*, for then herbs are in their best state, and when it is taken you must put two or three spoonfuls of this water, as much white Wine as

Rhe-

Rheniſh, and if you pleaſe a little ſugar, and ſo take it two daies before the change, and two daies after, and two daies before the full, and two daies after, continuing taking the ſame all the year, and the patient undoubtedly ſhall find great eaſe, and void many ſtones, and much gravel, with little pain.

To make Horſe-raddiſh drink.

Take half a pound of Horſe-raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin-croſs-waies on the root, then put them into ſix quarts of ſmall Ale, ſuch as is ready for drinking, which being put into a pipkin cloſe covered, ſet on the embers, keeping it a little more than blood warm for twelve hours; then take it off the fire, and let it ſtand to cool until the next morning, then pour the clear liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning,

fasting two hours after, and the like quantity at four in the afternoon, this drink is excellent good against winds, as also for the scurvy and dropsie, being taken in time.

An excellent Syrrup against Melancholy.

Take four quarts of the juice of Pearmains, and twice as much of the juice of Bugloss and Borage, if they be to be gotten, a drachm of the best *English* Saffron, bruise it, and put it into the juice, then take two drachms of *Kermes* small beaten to powder, mix it also with the juice; so being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it, and allow a pound of sugar to every quart of juice, and so boil it to the ordinary height of a syrrup, after it is boiled, take one drachm of the spices of Dramber, and two drachms of the spices of *Diamargariton*

gariton frigidum, and so sew the same slenderly in a linnen bag, that you may put the same easily into the bottle of syrrup, and so let it hang with a thred out at the mouth of the bottle, the spices must be put into the syrrup in the bag: so soon as the syrrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey amongst it, whilst it is boiling, and it will make the scum rise, and the syrrup very clear.

You must add to it the quantity of a quarter of a pint of the juice of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Treacle, beaten together in a mortar, and with a little *Carduus*, or some such water, vapour it over the fire till it come to an Electuary: keep this

in a pot, and take as much as a Walnut, it is good to cure a Feaver, Plague, and any infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in ſmall ſpirit of wine; when the tincture is fully taken out, pour it off from the flowers, and vapour it away till it come to a conſiſtence as thick as an Electuary.

For a bruiſe or ſtitch under the Ribs.

Take five or ſix handful of Cabbage, ſtamp it, and ſtrain it, after it is boiled in a quart of fair water, then ſweeten it with Sugar, and drink it off in a wine-glaſs in the morning, and at four in the afternoon, for five or ſix daies together, then take a Cabbage leaf, and between two diſhes ſtew it, being wet firſt in Canary wine, and that lay hot to your ſide evening and morning.

An excellent Receipt for an Itch, or any foul Scabs.

Take

Take Fox gloves, and boil a handful of them in posset-drink, and drink of it a draught at night, and in the morning, then boil a good quantity of the Fox gloves in fair running water, and anoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purslane Plate, twice or thrice in the oven with the bread til it be dry, and so make it into powder, every day take as much as will lie on a six pence in an Egg.

For Flegm, and stopping in the throat and stomach. D. T.

Take oyl of Almonds, Linseed oyl, buds of Orange flowers, boil all these in Milk, and anoint the stomach well with it, and lay a scarlet cloth next to it.

For an extream cold and cough.

Take of Hyssop water 6 ounces, of red Poppy water four ounces,

Ten Dates, ten Figs, and slice them small, a handful of Raisins of the Sun, the weight of a shilling of the powder of Liquorish, put these into the aforesaid waters, and let them stand 5 or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To distil Triacle water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cypress, Tormentil and of Citron rinds, of each one ounce, Borage, Bugloss, Rosemary flowers, of each two ounces, then take a pound of the best old Treacle, and dissolve it in six pints of white-wine, and three pints of Rose-water, so infuse all together, and distil it.

It

It is good to restore spirits and speech, and good against swooning, faintness, agues and worms, and the small pox.

Treacle water.

Take three ounces of *Venice* Treacle, and mingle it in a quart of spirits of wine, set it in Horse-dung 4 or 5 dayes, then still it in ashes or sand twice over; after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire. And so the like with saffron.

To take away Hoarseness.

Take a Turnip cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallet oyl, and

the glass half full with tops of poppy flowers which grow in the Corn, set this in the Sun a fortnight, and so keep it all the year, and anoint the temples of your head with it.

For a Cough.

Take Sallet oyl, *Aqua vitæ*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the soles of your feet with it.

To make Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn scraped very fine, then put it into a stone Jug, and set the Jug in a kettle of water over the fire, and let it boyl 2 or 3 hours until it jelly, then put into it 3 or 4 spoonfuls of Rose-water, or White-wine, then strain it: you may put into it Musk, or Ambergreece, and season it as you please.

To make a Glister.

Take half a quart of new Milk,

or

or 3 quarters, set it on the fire, and make it scalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, two ounces of brown sugar-candy, or black sugar, give it to the party blood-warm.

Another.

Take the bone of a neck of Mutton or Veal clean washed, set it on the fire to boyl in 3 pints of fair water, and when it is clean scummed, then put in the roots of Fennel and Parsley clean washed and scraped, of either of them, the roots bruised, a handful of Cammomil, and Mallows a handful, let all these boyl together till half be wasted, then strain it, take 3 quarters of a pint of this broth, brown sugar-candy two ounces, of oyl of Flax seed two ounces, mingle all these together, and take it for a glister, blood-warm; when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to chear the Heart.

Take one ounce of Conserve of Gilliflowers, four grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following, *viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one spoonful of Cinamon-water, and 1 spoonful of the syrrup of Gilliflowers, Ambergreece, mix all these together; and drink them in the morning fasting 3 or 4 hours, this is most comfortable.

A Cordial for Wind in the stomach, or any part.

Take six or eight spoonfuls of Penniroyal water, put into it four drops of oyl of Cinamon, so drink it any time of the day, so you fast two hours after.

Restorative.

Take a well flesht Capon from the barn door, and pluck out his In-

Intrails, then wash it within with a little White-wine, then flea off all the skin, and take out his bones, and take the flesh, only cut it in little pieces, and put it into a little stone bottle, and put to it one ounce of white Sugar-candy, six Dates slit, with the stones and pithes taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boyl three hours, then take it out, and pour the juice from the meat, and put to it one spoonful of red Rose-water, and take the better part for your break-fast four hours before dinner, and the other part at three a clock in the afternoon, being blood-warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle, with a new-laid Egg, put in half a Nutmeg cut into two pieces, then take it off the fire,

fire, and put in ſeven grains o Ambergreece, drink this for two breakfaſts, for it will encreaſe blood and ſtrength.

Another Reſtorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one ſhell, then put in two ſpoonfuls of Claret wine, ſeven grains of Ambergreece ſmall bruiſed, and a little Sugar-candy ſtir all theſe together, and make them blood-warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the skin and the fat, take the fleſh being cut into ſmall pieces, and put it into a ſtone bottle, then put to it two ounces of raiſins of the Sun ſtoned, a large Mace, an ounce and half of Sugar-candy, and ſtop the bottle very cloſe, and let it boyl in a Cha-

ſer

ſer three hours, and ſo put the juice from the meat, and keep it in a clean glaſs, it will ſerve for three breakfaſts; or if he will he may take ſome at 3 a clock in the afternoon being made warm.

A Reſtoring Broth.

Take 2 ounces of China-roots, firſt ſlit very thin, then put it in a New Pipkin with 5 pints of running water being cloſe covered, and ſet it upon embers all night long, where it may be very hot, but not ſeeth, then put to that water a great Cock Chicken, and when it is clean ſcummed, put into it 2 ſpoonfuls of *French* Barly, ſix dates ſlit, with the piths and ſtones taken out, 2 ounces of raiſins of the Sun ſton'd, a large Mace, let all theſe boyl together, till half be conſumed, then take out the Cock, and beat the fleſh of it in a clean Mortar, and a little of the broth, then ſtrain it all together throughout a hair Cullender,

colander, then put in two spoonfuls of red Rose-water, and sweeten it with white Sugar-candy, drink of this broth, being made warm, half a pint in the morning early fasting, and sleep after it if you can, drink a good draught at three of the clock in the afternoon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a Consumption.

Take 3 Marrow bones, break them in pieces, and boyl them in a gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand

ſtand while it be cold, then take off all the fat clean and put the broth into a pipkin, and put to it a good Cock-Chicken, and a knuckle of Veal, then put into it the bottom of a white loaf, a whole Mace, two ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit, let all theſe boyl together till half be conſumed, then ſtrain it, inſtead of Almonds, take a few Piſtachs kernels, and beat them, and ſtrain with your broths as you do Almond milk, and ſo ſweeten it with white ſugar, and drink half a pint early in the morning, and at 3 a clock in the afternoon, and ſo continue a good while together, or elſe it will do you no good.

Another Cordial.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a breakfaſt, and another in the afternoon, this is good for the head and ſtomach.

A Cordial for a breakfast, fasting.

Eat a good piece of a Pomecitron preserved, as big as your two fingers in length & breadth, and so at 3 of the clock in the afternoon.

A Restoring Break-fast.

Take the brawn of a Capon, or Pullet, 12 Jordan Almonds blanched, beat them together, and strain out the juice with a draught of strong broth, and take it for a breakfast, or to bedward.

A Medicine for any griping of the Belly.

Take a pint of Claret wine, put to it a spoonful of Parsley-seed, and a spoonful of sweet Fennel-seed, half a dozen cloves, a branch of Rosemary, a wild Mallow root clean washt and scrapt, and the pith taken out, with a good piece of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at 3 a clock in the afternoon.

To keep the Body Laxative.

Take half a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China *Broth for a Consumption.*

Take *China* roots thin sliced two ounces, steep it 24 hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five leaved Grass 2 handfuls, Maiden-hair, Hearts-tongue, of either

ther half a handful 20 Dates ſliced, 2 or 3 Mace and the bottom of a Manchet, let all theſe ſtew together, until not above one quart remains; then ſtrain it, and take all the fleſh, and ſweet bones, beat them in a ſtone Mortar, and ſtrain out all the juice with the broth, then ſweeten it with two ounces of white Sugar-candy in powder, and take thereof half a pint at once early in the morning warm, and ſleep after it if you can, and 2 hours before ſupper at your pleaſure; when you ſteep the root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boyl in the broth.

A Gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt, 3 quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of 4 or 5 pence of Rubarb, cut it in little pieces,

and

and take a spoonful or two of good Currans washt very clean, so mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a coarse Pullet, and sow up the belly; and an ounce of the conserves of red Roses, of the conserves of Borage and Bugloss flowers, of each of them half an ounce, Pine Apple kernels, and Pistachs, of each half an ounce bruised in a Mortar, 2 drachms of Amber powder, all mixed together and put in the belly, then boil it in 3 quarts of water, with Agrimony, Endive and Succory, of each one handful, Sparrow-grass roots, Fennel roots, Caper roots, and one handful of Raisins of the Sun stoned, when it is almost boyled, take out the Pullet and beat it in a stone Mortar, then put it into the liquor again, and give it three

three or four walmes more, then ſtrain it, and put to a little red Roſe water, and half a pint of white wine, and ſo drink it in a morning and ſleep after it.

To prevent miſcarrying.

Take *Venice* Turpentine, ſpread it on black brown paper, the breadth and length of a hand, lay it to the ſmall of her back, then give her to drink a caudle made of Muſcadine, and put into it the husks of twenty three ſweet Almonds dried, and finely powdered

For Boils, or Kibes, or to draw a Sore.

Take ſtrong Ale, and boyl it from a pint to four ſpoonfuls, and ſo keep it, it will be an Ointment.

To make Cammomil Oyl.

Shred a pound of Cammomil, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pleuriſie.

Take 3 round Balls of Horſe-dung, boyl them in a pint of white

white wine till half be consumed, then strain it out, and sweeten it with a little Sugar, and let the Patient go to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk and set it on the fire, and when it boyls put in a pint of Ale, then take off the curd and put in 9 heads of *Carduus*, let it boyl till half be wasted, then to every quarter of a pint put a good spoonful of Wheat-flower, and a quarter of a spoonful of gross Pepper, and an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound.

Take 2 good handfuls of *English* Tobacco, shed it small, and put it in a pint of Sallet Oyl, and seeth it on a soft fire to simper, till the oyl change green, then strain it, and in the cooling put

put in two ounces of *Venice* Turpentine.

For an Ach.

Take of the beſt Gall, white wine Vinegar, and *Aqua vitæ*, of each a like quantity, and boyl it gently on the fire till it grow clammy, then put it in a glaſs or pot, and when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the aking place, and lay a linnen cloth on it, do this mornings and evenings.

To make a Sear-cloth.

Virgins Wax, *Sperma Ceti*, *Venice* Turpentine, oyl of white Poppy, oyl of Ben, oyl of ſweet Almonds.

For Wind in the ſtomach, and for the Spleen.

Take a handful of broom, and boyl it in a pint of Beer or Ale till it be half conſumed, and drink it for the wind and the ſtomach, and for the Spleen.

A most excellent water for a Consumption and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almost cold, cut him abroad by the back, and take out the Intrails, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose-water in, and with a pottle of sack, a pound of Currans, a pound of Raisins of the Sun stoned, a quarter of a pound of Dates, the stones taken out, and the Dates cut small, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimpernel, and two handfuls of Rosemary, two handfuls of Buglos and Borage flowers, a pottle of new milk of a red Cow, still this with a soft fire, put into the glass that the water doth drop into, half a pound of Sugar candy beaten very small, one Book of leaf Gold cut small among

among the ſugar, 4 grains of Ambergreece, 12 grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink 4 ſpoonfuls at a time in the morning faſting, and an hour before ſupper, you muſt ſhake about the glaſs, when you drink it.

For a Bruiſe.

Take 6 ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a Mortar, and boyl them in a pint of Milk an hour, then ſtrain it very hard, and anoint your breaſt and ſtomach with it every morning, and evening, and lay a red cloth upon it.

The Eye water for the infirmities and diſeaſes of the Eye.

Take of the diſtilled water of the white wild Roſe, half a pound of the diſtilled water of Celandine, Fennel, Eye-bright, and Rue, of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared

pared these ounces, pulverize all these ingredients each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best, then mix all the powders together in a Paper, put them in a strong glass, pour the distilled waters upon them, and 3 pints of the best *French* white wine that can be had, shake it every day 3 or 4 times long together for a month, and then you may use it: remember to keep it very close stopt. This is *verbatim* as it was had from the Lord *Kelley*.

A Medicine very good for the Dropsie or the Scurvy, and to clear the Blood.

Take 4 gallons of Ale, drawn from the tap into an earthen Stand; when the Ale is two days old, then you must put in of Brooklime, of Water-cresses, of Water-mints with red stalks, of each four handfuls, half a peck of Scurvy-grass, let all these be

clean picked, and waſhed and dried with a cloth, and ſhred with a knife, and then put into a bag, then put in the Ale and ſtop it cloſe, ſo that it have no vent, ſtop it with Rie Paſte; the beſt Scurvy graſs groweth by the water ſide, it muſt be 7 daies after the things be in, before you drink it. Take two quarts of water, and put in 4 ounces of *Guiacum*, two ounces of Sarſaparilla, one ounce of Saxifrage, put it into a pipkin, and infuſe it upon the embers for 12 hours, and then ſtrain it, and put it into the Ale as ſoon as it hath done working, this being added makes the more Caudle.

For ſore Eyes.

Take half a pint of red Roſe-water, put therein 4 penniworth of Aloe ſuccotrina, as much *Bole-armoniack* in quantity, let this lie 24 hours in ſteep, then waſh your eyes with it evenings and mornings with a Feather, and it will help them.

A

A Sirrup to strengthen the stomach, and the brain, and to make a sweet breath.

Take Rinds while they be new, one pound of running water the value of 5 wine pints, then seeth it unto 3 pints, then strain it, and with one pound of Sugar, seeth it to a syrrup, and when you take it from the fire, put to it four grains of Musk.

For the burning in the back.

Take the juice of Plantain, and Womans milk, being of a Woman with Child, put thereto a spoonful of Rose-water, and wet a fine cloth in the same, and so lay it to your Back where the heat is.

A very good Medicine to stay the Voiting.

Take of Spear-Mints, Wormwood, and red Rose leaves dried, of each half a handful, of Rye-bread grated a good handful, boyl all these in red Rose-water and Vinegar, till they be some-

what tender, then put it into a linnen cloth, and lay it to the ſtomach as hot as you can endure it, heating it 2 or 3 times a day with ſuch as it was boyled in.

For weakneſs in the Back.

Take Nep, and Clary, and the Marrow of an Oxe back, chop them very ſmall, then take the yolks of 2 or 3 Eggs, and ſtrain them all together, then fry them, uſe this 6 or 7 times together, and after it drink a good draught of Baſtard or Muſcadine.

To make a Cap for the pain and coldneſs of the Head.

Take of Storax and Benjamine, of both ſome 12 penniworth, and bruiſe it, then quilt it in a brown paper, and wear it behind on your head.

To make pectoral Rouls for a Cold.

Take 4 ounces of Sugar finely beaten, and half an ounce of ſearced Liquoriſh, 2 grains of Musk, and the weight of two pence of the

the ſyrrup of Liquoriſh, and ſo beat it up to a perfect paſte, with a little ſyrrup of Hore-hound, and a little Gum-dragon, being ſteeped in Roſe-water, then roul them in ſmall Rouls and dry them, and ſo you may keep them all the year.

For the Running of the Reins.

Take the pith of an Oxe that goeth down the back, a pint of red Wine, and ſtrain them together through a cloth, then boyl them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergeece, drink this firſt and laſt daily.

For Sun-burn.

Take the juice of a Lemmon, and a little Bay-ſalt, and waſh your hands with it, and let them dry of themſelves, waſh them again, and you ſhall find all the ſpots and ſtains gone.

For a Pin, and Web, and redness in the Eye. ℞

Take a pint of white Rose-water, half a pint of white-Wine, as much of *Lapis Calaminaris*, as a Walnut bruised, put all these in a glass, and set them in the Sun one week, and shake the glass every day, then take it out of the Sun, and use it as you shall need.

A special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedge, of wild Daisie-roots picked, and washed, and dried, of Peal-wort, of Eyebright of red Roses, the white clipped away, of each of these a handful dry gathered, then steep all these herbs in a quart or 3 pints of the best white-wine in an earthen, por, and so let it lie in steep 2 or 3 daies close covered, stirring it 3 times a day, and so still it with a gentle fire, making two distillings, and so keep it for your use.

A proved Medicine for the Yellow Jaundies.

Take a pint of Muſcadine, a pretty quantity of the inner bark of a Barbery tree, 3 ſpoonfuls of the greeneſt gooſe dung you can get, and take away all the white ſpots of it, lay them in ſteep all night, on the morrow ſtrain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very finely beaten, and give it to drink in the morning.

To make Pectoral Rouls.

Take one pound of fine Sugar, of Liquoriſh and Anniſe ſeed 2 ſpoonfuls, Elecampane 1 ſpoonful, of Amber, and Coral, of each a quarter of a ſpoonful, all this muſt be very finely beaten and ſearced, and then the quantity that is ſet down muſt be taken, mix all theſe powders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a

brazen mortar very well scoured, and a spoonful or 2 of the Powders, and drop some of the Egg to it, so beat them to a paste, then make them in little rouls, and lay them on a place to dry.

A plaister for a sore Breast.

Take cruns of white bread, the tops of Mint chopped small; and boyl them in strong Ale, and make it like a poultess, and when it is almost boyled, put in the powder of Ginger, and oyl of Tyme; so spread it upon a cloth, it will both draw and heal.

A Medicine for the dead Palsie, and for them that have lost their speech.

Take Borage leaves, Marrigold leaves, or flowers, of each a good handful, boyl it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat; if it be in the arms or legs, they must be chafed for an hour or two when they be grieved, and at meals they must drink

drink of no other drink till their speech come to them again, and in winter, if the herbs be not to be had, the seeds will serve.

An approved Medicine for an Ach or Swelling.

Take the flowers of Cammomil, and Rose leaves, of each of them a like quantity, and seeth them in White wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and flowers, and boyl them in White wine, and with a little Cinnamon and Benjamin beaten in powder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb,

and a pretty running Fowl, and ſet them on the fire in fair ſpring water, and when it boyleth, ſcum it well, ſo done put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel root, and a Parſly root, and let them boyl, if the party be grieved with heat or cold in the ſtomach, if heat, put in two handful of barley boyled before in two waters, and ſome Violet leaves, Sorrel, Succory, and a little Egrimony; if cold, put in Roſemary, Thyme, a little Marrigold leaves, Borrage, and Bugloſs, and boyl this from 4 pints to leſs than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene 6 ounces, of choſen Rubarb one ounce and half, leaves of Sage, and Dock roots, of each one ounce, of Barberries half an ounce, Cinnamon, and Nutmeg of each an ounce, Anniſe-ſeeds and Fennel ſeeds, of each 6 drachms, of Tamarisk

marisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a gross powder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting, in the morning and at night.

To comfort the stomach, and help windiness and Rheum.

Take of Ginger one penniworth Cloves 4 penniworth, Mace seven penniworth, Nutmeg 4 penniworth, Cinnamon 4 penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each 2 drams, of Fennel seeds, Dill seed, and Carraway seed, of each one ounce, of Liquorish and Annise seeds, of each an ounce, all beaten into fine powder, 1 pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved the powders being well mixed therewith till it be stiff, then put thereunto half a pint of red Rose-water, and mix them well together,

ther, and put it into a gally pot, and take thereof first in the morning, and last in the evening, as much as a good Hasel Nut, with a spoonful or two of red Wine.

To make a Callice for a weak person.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not so much as the Chicken, and set them on the fire, and when they boil and are well scummed, cast in a large mace, and the pieces of the bottom of a manchet, and half a handful of *French* barly boiled in 3 waters before, and put it to the Broth, and take such herbs as the party requireth, and put them in when the broth hath boiled half an hour, so boil it from 3 and a half to 4, then cast it through a strainer, and scum off all the fat, so let it cool, then take 20 good Jordan almonds, or more if they be small, and grind them in a mortar with some of the broth, or if you think your broth too strong, grind them

them with some fair water, and strain them with the broth, then set it upon a few coals and season it with some Sugar, not too much, and when it is almost boiled, take out the thickest, and beat it all to pieces in the mortar, and put it in again, and it will do well, so there be not too much of the others flesh.

For the Gout.

Take 6 drams of Ciriacostine fasting in the morning, and fast 2 hours after it, you may roul it up in a Wafer, and take it as Pills, or in Sack, as you conceive is most agreeable for the stomach; this proportion is sufficient for a Woman, take 8 drams for a man, and take it every second day, until you find remedy for it, it is a gentle purge that works only upon winde and water.

The Poultess for the Gout.

Take a penny loaf of white bread, and slice it, and put it in fair water, 2 Eggs beaten together, a handful of

of red Rose leaves, 2 penniworth of Saffron dryed to powder, then take the bread out of the water, and boil it in a quantity of good milk, with the rest of the ingredients, and apply it to the place grieved, as warm as you can well endure.

For them that cannot hear.

Put into their ears good dried Suet.

A Soveraign water, good for many Cures, and the health of bodies.

Take a gallon of good *Gascoign* Wine, White or Claret; then take Ginger, Galingal, Cardomon, Cinamon, Nutmegs, Grains, Cloves, Annise seeds, Fennel Seeds, Carraway seeds, of each of them 3 drams, then take Sage, Mint, red Rose leaves, Thyme, Pellitory, Rosemary, wild Thyme, wild Marjoram, Organy, Pennimountain, Penniroval, Cammomil, Lavendar, Ayens, of each of them a handful,

handful, then beat the ſpices ſmall, and the herbs, and put all into the Wine, and let it ſtand for the ſpace of 12 hours, ſtirring it divers times: then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt, then will there come a ſecond water, which is good, but not ſo good as the firſt, the Virtues of this Water be theſe: It comforteth the Spirit Vital, and preſerveth greatly the Spirit Vital, and preſerves the youth of man, and helpeth all inward diſeaſes coming of cold, and againſt ſhaking of the Palſie; It cureth the contract of ſinews, and helpeth the conception of the barren, it killeth the worms in the belly, it killeth the Gout, it helpeth the tooth-ach, it comforteth the ſtomach very much, it cureth the cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking

ing breath; and whosoever useth this water oft, it preserveth them in good liking; this water will be better if it stand in the Sun all the Summer, and you must draw of the first water but a pint, and of the second as far as it will run, until the whole gallon of wine and herbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforesaid.

To stench the bleeding of a wound.

Take a Hounds turd and lay it on a hot coal, and bind it thereto, and that shall stench bleeding; or else bruise a long worm, and make powder of it, and cast it on the wound; or take the ear of a Hare, and make powder thereof, and cast that on the wound, and that will stench bleeding.

For spitting of blood after a fall or bruise.

Take Bettany, Vervain, Nose-bleed,

bleed, and 5 leaved graſs, of each alike, and ſtamp them in a mortar, and wring out the juice of them, and put to the juice as much Goats milk, and let them ſeeth together, and let him that is hurt drink of it 7 dayes together till the waxing of the Moon, and let him drink alſo Oſmory and Comfry with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Blood.

Take the juice of Bettony, and temper that with good milk, and give the ſick to drink four dayes, and he ſhall be whole.

For to know whether one that hath the Flux ſhall live or die.

Take a penny weight of Trefoile ſeed, & give him to drink in Wine or water, & do this 3 dayes, and if it ceaſe he ſhall live, with the help of Medicine, If not, he ſhall die.

For to ſtench the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Mortar, and lay it on the Vein, then take

Lambs

Lambs wooll that was never waſhed, and lay that thereon, and that ſhall ſtench bleeding.

For a Vein that is evil ſmitten.

Take Beans and peel away the lack, and ſeeth them well in Vinegar, and lay them on the Vein hot, in manner of a Plaiſter.

For one that piſſeth Blood.

Take and ſeeth Garlick in water, till the third part be waſted away, let him drink of the water, and he ſhall be whole.

For a woman travailing with Child.

Take and give her Tittany to drink in the morning; and ſhe ſhall be delivered without peril, or elſe give her Hyſop with water that is hot, and ſhe ſhall be delivered of the child, although the child be dead and rotten, and anon when ſhe is delivered, give her the ſame without Wine, or bind the herb Argentine to her noſtrils, and ſhe ſhall be ſoon delivered, or elſe Polipody and ſtamp

it,

it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead, or elſe give her Savory with hot water, and ſhe ſhall be delivered.

Againſt ſurfeiting and digeſting.

Take the bottom of a wheat loaf, and toſte it at the fire, till it be brown and hard, and then take a good quantity of *Aqua vitæ*, and put upon the ſame roaſted, and put it in a ſingle linnen cloth, and lay it at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall vomit or purge ſoon after.

A water to comfort weak Eyes, and to preſerve the ſight.

Take a gallon and a half of old wheat, fair and clean picked from all manner of ſoil, and then ſtill it in an ordinary Still with a ſoft fire, and the water that comes of it muſt be put in a glaſs, then take half a pound of white Sugar-candy, and bruiſe it in a mor-

tar

tar to powder, and after 3 dayes, when the water hath been in a glass, then put in the powdered Candy, then take an ounce of *Lapis Tutia* prepared, and put it into the glass to the rest of the stuff, then take an ounce of Camphire and break it between your fingers small, and put it into the glass, then stop the glass close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, and put it into 3 or 4 spoonfuls of white Wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Mortar that tastes of no spice, then put it upon a white Paper and so hold it to the fire that it may be thorow dry, and then searce it thorow a little sieve.

For hot and red Eyes.

Take slugs, such as when you touch

touch them will turn like the pummel of ſwords, 12 or 16, ſhake them firſt in a clean cloth, and then in another, and not waſh them, then ſtamp them, and put 3 or 4 ſpoonfuls of Ale to them, and ſtrain it through a dry cloth, and give it the party morning and evening, firſt and laſt.

For Corns.

Take fair water half a pint, Mercury ſublimate a penniworth, Alum as much as a Bean, boil all theſe together in a glaſs Still, till a ſpoonful be waſted, and alwayes warm it when you uſe it, this water is alſo good for any Itch, Tetter, Ring-worm or Wart.

Searcloth for a Sore, or Sprane, or any ſwelling.

Take Vervain 7 ounces, of *Sires* 7 ounces, of Camphire 3 drams, of oyl of Roſes ten ounces, let the Wax and this Oil boil till the Wax be melted, then put in your *Sires* finely beaten, ſtirring it on the

the fire till it look brown, then put in the Camphire finely beaten, and let it boil 2 or 3 walms and then dip in your clothes.

A Poultess for a Swelling.

Take a good handful of Violet leaves, and as much Grundsel, of Chickweed and Mallows, half a handful, cut all these with a knife, and so seeth them well in Conduit water, and thicken it with Barly meal, being finely sifted, and so roul it sure, and lay it to the swel'd place, and shift it twice a day.

To make a strong water good for a Canker or any old Sore, or to eat any lump of flesh that groweth.

Take of Celendine a handful, of red Sage a handful, and of Woodbind leaves a handful, shred all these together very small, and steep them in a quart of white Wine and a pint of water, letting it stand all night, and on the morrow strain it, and put therein of Borax, and Camphire of each nine penniworth,

worth, and of Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip it in any Cotton.

To heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarifie it, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your clothes, and make a Searcloth, and you may spread it Plaister-wise to heal any wound.

A Medicine for any wound old or new.

Take a pint of Sallet Oil, and 4 ounces of Bees Wax, and two ounces of Stone pitch, and two ounces of Rosin, and two ounces of *Venice* Turpentine, and one penniworth of Frankincense, and a handful of Rosemary tops, and a handful of Tutsan leaves, and a handful of Plantain leaves; these herbs must be stamped, and the juice of them put to the things aforesaid, and let them boil together about a quarter of an hour, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it a year, a most excellent Medicine.

A Medicine for a Wen.

Take black Soap and unquencht Lime, of each a like quantity, beat them very small together, and spread in on a woollen cloth, and lay it on the Wen, and it will consume it away.

For

For breaking out of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

For to mundifie, and gently to cleanse ulcers, and breed new flesh.

Take *Rosin* eight ounces, *Colophonia* four ounces, *Æra & Oliva, Ana* one pound, *Adipis ovini, Gum Ammoniaci Opoponaci, Ana* one ounce, fine *Æruginis æris*, boil your Wax, *Colophani* and *Rosin*, with the Oil together, then strain the Gums, being first dissolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Verdigriece*, and fine powder, and use it according to Art.

A Fomentation.

Take the liquor wherein Neats-feet have been boiled, with Butter, and new Milk, and use it in manner of a Fomentation.

For the Falling-ſickneſs, or Convulſions.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lie upon a ſhilling, in Succory-water faſting.

For a Tetter, proceeding of a ſalt-humour in the Breaſt and Paps.

Annoint the ſore place with Tanners Owſe.

For the bloody Flux.

Take the bone of a Gammon of Bacon, and ſet it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the ſick.

A Plaiſter for all manner of bruiſes.

Take one pound of mede wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps tallow, ſhred them and ſeeth them ſoftly, and put to them a little white Wine,

or

or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in powder, and put it to, and boil them together, and still them, till it be well relented, and spread this salve upon a mighty Canvas that will overspread the sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Rosin, Perrosin, and half a pound of Virgin wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps tallow a quarter of a pound, of Camphire two drams, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and strain it through a cloth into a bottle of white Wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well, This Ointment is good for sores old and new,

it ſuffereth no corruption in the Wound nor no evil fleſh to be gendered in it, and it is good for head-ach, and for all manner of Impoſthumes in the head, and for wind in the brain, and for Impoſthumes in the body, and for boiling ears and cheeks, and for ſauce flegm in the face, and for Sinews that be knit, or ſtiff, or ſprung with travel; it doth draw out a thorn, or iron, in what place ſoever it be, and it is good for biting or ſtinging of venemous beaſts; it rotteth and healeth all manner of Botches without, and it is good for a Feſter and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and ſwelling of many members, and for all members, and it ceaſeth the flux of Menſtrua, and of Emeroids, and it is a ſpecial thing to make a ſumed cloth to heal

heal all manner of sores, and it searcheth farthest inward of any Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the herbs, and press out the water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it until half be wasted, and clarified, then scum it clean, and put in of oil of Olives 1 ounce, a piece of Virgins Wax, for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a little quantity of foot-fennel instead of the Virgins Wax.

An excellent Syrup to purge.

Take of *Sena Alexandria* one pound, Polipodium of the Oak 4 ounces, Sarsaparilla two ounces, Damask Prunes 4 ounces, Ginger seven drams Annise seeds one

ounce, Cummin-seed half an ounce, Carraway seeds half an ounce, Cinnamon 10 drams, *Aristolochia rotunda*, *Peonia*, of each 5 drams, Rubarb one ounce, Garlick six drams, Tamarisk two handfuls, boil all these in a gallon of fair water unto a pottle, and when the liquor is boiled half away, strain it forth, and then put in your Rubarb and Agarick in a thin clean handkerchief, and tie it up close, and put into the said liquor, and then put in two pound of fine Sugar, and boil it to the height of a syrrup, and take of it the quantity of six spoonfuls, or more or less as you find it worketh in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or small *Aqua vitæ*, and put in that a good handful of Cowslip flowers, Sage-flowers a good handful, and of Rosemary flowers a handful,

sweet

sweet Marjorum a little, Pellitory of the wall a little, Bettony, and Balm of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel seed, Anniſe seed, Coriander seed, Carrawav seed, Grumwel seed, Juniper berries of each a dram bruiſe your ſpices and ſeeds, and put them into your *aqua* or *aqua vitæ*, with your herbs together, and put to that 3 quarters of a pound of very fine Sugar, ſtir them together, and put them in a glaſs, and let it ſtand nine dayes in the Sun, and let it be ſtirred every day, it is to be made in *May*, ſteeped in a wide mouthed glaſs, and ſtrain'd out into a narrow mouth'd glaſs.

A Medicine for the Reins of the back.

Take Houſleek, and ſtamp and ſtrain it, then dip a fine linnen cloth into it, and lay it to the reins of the back, and that will heal it.

A Medicine for the Ach in the back.

Take Egrimony, and Mugwort both leaves and roots, and ſtamp it with old Bores greaſe, and temper it with Honey and Eyſell, and lay it to the back.

For a Stitch.

Take Roſes, and Cammomile, of each a handful, and oil of Roſes, and oil of Cammomile, of both together a ſaucer full, and a quantity of Barly flower, boil all theſe together in Milk, and then take a linnen bag, and put it therein, and lay the plaiſter as hot as may be ſuffered where the ſtitch is.

To make a ſalve for wounds that be cankered and do burn.

Take the juice of Smallage, of Morrel, of Waberb of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and ſtir them together till it be thick, but let it come near no fire, but all cold, let it be laid on raw to

the

the sore, and it shall cleanse the wound.

A Medicine for a Bone-ach.

Take Brook-lime and Smallage, and Daisies, with fresh Sheeps tallow, and fry them together, and make thereof a plaister, and lay it to the sore hot.

For Sinews that are shrunk.

Take young Swallows out of the nest a dozen or 16, and Rosemary, Lavender, and rotten Straw-berry leaves, strings and all, of each a handful, after the quantity of the Swallows, the feathers, guts and all, bray them in a mortar, and fry all them together with *May* Butter, not too much, then put it into an earthen pot, and stop it close 9 dayes, then fry it again with *May* Butter, and fry it well, and strain it well, when you shall use it, chafe it against the fire.

A water for the biting of a mad Dog.

Take Scabious, Marshline, Yarrow, Nightshade, wild Sage, the

leaves of white Lillies, of each a like quantity, and ſtill them in a common Still, and give the quantity of 3 or 4 ſpoonfuls of the Water mingled with half a handful of Treacle, to any man or beaſt that is bitten within 3 dayes after the biting, and for lack of the water, take the juices of theſe herbs mingled with Treacle, it will keep therefore from rankling, take Bitany, Egrimony, and ruſty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

A proved Medicine for any one that have an Ague in their breaſt.

Take the Patients own water, or any others that is very young, and ſet it on the fire, put therein a good handful of Roſemary, and let it boil, then take 2 red cloth:s, and dip them in the water, then nip it hard, and lay it on the breaſt as hot as it may be endured, and apply it till you ſee the breaſt

aſſwaged,

asswaged, then keep it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened bread, and a little Honey, and boil them altogether, till they be thick, and lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stevens *Soveraign water.*

Take a gallon of good Gascoign Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Anniſe seeds, Carraway seeds, of each a dram, then take Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme Cammomile, Lavender, of each an handful; then bray both Spices and Herbs, and put them all into the Wine, and let them stand for 12 hours, divers times stirring them,

them, then ſtill that in a Limbeck but keep that which you ſtill firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt.

The Vertues of this water are theſe, It comforteth the Spirits Vital, and helpeth the inward diſeaſes which come of cold; and the ſhaking of the Paſie, it cureth the contraction of Sinews, and helpeth the conception of Women that be barren, it killeth worms in the body, it cureth the cold Cough, it helpeth the tooth-ach, it comforteth the ſtomach, it cureth the cold Dropſie, it helpeth the Stone, it cureth ſhortly a ſtinking breath, and whoſo uſeth this water enough but not too much, it preſerveth him in good liking, making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melliot, Cardamome, Mace, Nutmegs, of each a dram,

& and

and of the juice of Celendine half a pint and mingle all these made in powder with the said juice, and with a pint of good *Aqua vitæ*, and three pints of good white Wine, and put all these together in a Still of glass, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The Vertue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the blood to putrifie, he shall never need to be let blood that useth this Water, and it suffers not the heart to be burnt, nor Melancholy or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomach, it preserveth the visage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards

wards death, one ſpoonful relieveth. In the Summer time uſe once a week faſting the quantity of a ſpoonful, and in winter two ſpoonfuls.

A Medicine for them that have a pain after their child bed.

Take Tar, and freſh Barrows greaſe, and boil it together, then take Pigeons Dung, and fry it in freſh greaſe, and put it in a bag.

For the drink: Take a pint of Malmſey, and boil it, and put Bayberries and Sugar in it, the Bayberries muſt be of the whiteſt, and put therein ſome Sanders.

Take ſome fair water, and ſet it over the fire, and put ſome ground Malt to it, when they uſe theſe things they muſt keep their bed.

For the running of the Reins.

Take *Venice* turpentine rolled in Sugar and Roſe-water, ſwallow it in pretty rolls, and put a piece of ſcarlet warm to your back.

For

For Cods that be swollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a wound.

Take the juice of *Valerian*, in the which you shall wet a Tent, and put it into the wound, and lay the same Herb stamped upon it, then your band or binding as appertaineth, and by this means you shall draw out the Iron, and after heal the wound as it requireth.

A Plaister for a green wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aqua vitæ*, and boil it with the Egg till it be dry; then take Cinnamon and sugar and eat it with the Egg.

For

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take 1 ounce of Bay salt, raw Honey 3 ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaister, the which you shall lay hot to the head, and it will altogether asswage the swelling, and heal it perfectly.

Against the biting of any venemous Beast.

As soon as the person feeleth himself bit with any venemous beast, or at least, so soon as it is possible, let him take green leaves of a Fig-tree, and press the milk of them 3 or 4 times into the wound: And for this also serveth Mustard seed mingled with Vinegar.

A perfect Remedy for him that is sore wounded with any Sword or Staff.

Take *Trevis barbatus*, and stamp it, and take the juice of it, and if the

the Wound bleed, wipe it, and make it clean, waſhing it with white Wine, or water, then lay the ſaid juice upon the wound, and the herb whereof you take the juice, upon it, then make your hand, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholy, or to cauſe one to ſleep.

Take dry Roſe leaves, keep them cloſe in a glaſs which will keep them ſweet, then take powder of Mints, powder of Cloves in a groſs powder, and put the ſame to the Roſe leaves, then put all theſe together in a bag, and take that to bed with you, and it will cauſe you to ſleep, and it is good to ſmell unto at other times.

For ſpitting of Blood.

Take the juice of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An

An Ointment for all ſores, cuts, ſwellings, and heat.

Take a good quantity of Smallage, and Mallows, and put thereto 2 pounds of Bores greaſe, 1 pound of Butter, and oil of Neats foot a quantity, ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

Salve for a new Hurt.

Take the whiteſt Virgins wax you can get, and melt it in a pan, then put in a quantity of Butter and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round Ball, and ſo keep it: and when you will uſe it, work ſome of it between your hands, and ſtrike it upon a cloth, and lay it upon the ſore, and it will draw and heal it.

Againſt the biting of a mad Dog, and the rage or madneſs that followeth a man after he is bitten.

Take

Take the bloſſomes or flowers of wild Thiſtles dried in the ſhade and beaten to powder, give him to drink of that powder in white Wine half a Walnut ſhell full, and in thrice taking it he ſhall be healed.

Againſt the griefe in the Lungs, and ſpitting of blood.

Take the Herb called of the Apothecary *ungula Caballina*, in *Engliſh*, Colts foot, incorporated well with the lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it to the patient to eat, doing this nine mornings, you ſhall ſee a marvellous thing, this is alſo good to make a man fat.

Againſt ſpitting of Blood by reaſon of ſome vein broken in the breaſt.

Take Mice dung beaten into powder as much as will lie upon a groat, and put it in half a glaſſful of the juice of Plantane with a little ſugar, and ſo give the patient

ent to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For to cleanse the Head.

Take Pellitory of *Spain*, and chew the roots three dayes, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good remedy against the Pluriſie.

Open a white loaf in the middle new baked, and spread it well with Treacle on both the halfs on the crum side, and heat it at the fire, then lay one of the halfs on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not, nor stir, leaving them so a day and a night, or until the Impostume break, which I have sometimes seen in two hours or less, then take away the bread, and immediately the

Patient

Patient will begin to spit and void the putrefaction of the Imposthume, and after he hath slept a little, you shall give him meat, and with the help of God he shall shortly heal.

For a Pin, or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up, and most assuredly the Lice will suck out the Web in the eye and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shells of Snails: the newest will look of a reddish colour and are best, take out the Snails, and dry the shells with a moderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, and beat them severally into powder, then take twice so much of the Bees powder as the shells, and mix them well

well together, keep it close covered in a glass, and when you use it, take as much of this powder as will lie upon a sixpence, and put into a quarter of a pint of the distilled water of Bean flowers, and drink it fasting, or upon an empty stomach, and eat nor drink nothing, for 2 or 3 hours after.

This is good to cause the party to make urine, & bring away the gravel or stone that causeth the stopping, & hath done very much good.

A Syrrup for the pain in the Stomach.

Take 2 good handfuls of young Rue, boil it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is through cold, strain it, and put to every pint of the liquor a pound and a quarter of loaf-sugar, and boil it till it come to a Syrrup, when you use it, take a good spoonful of this in the morning fasting, and eat nor drink nothing for 2 or 3 hours after. It is good for pain in the stomach that proceed

proceeds of windy vapours, and is excellent good for the Lungs and obstructions of the Breast.

Receipts for bruises, approved by the Lady of Arundel.

Take black Jet, beat it to powder and let the Patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and put them in paper, roast them, and break them, and drink as much of the powder as will lie upon a sixpence every morning, untill the Patient be well.

To cause easie labour.

Take 10 or 12 dayes before her looking, 6 ounces of brown sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, 2 ounces of Dates unstoned, sliced, half an ounce of Annise seeds bruised, a quarter of an ounce of Cowslip flowers, one dram of Rosemary flowers, put them in a fine lawn bag with a

flint

flint stone that it may sink into a pottle of white Wine, let it steep 24 hours, and after take of it in the morning, and at 4 in the afternoon, and in the evening, the quantity of a wine glass full.

A Cordial for the Sea.

Take 1 ounce of syrrup of Clove-Gilliflowers, 1 dram of *Confectio Alchermes*, an ounce and a half of Borrage water, and the like of Mint-water, 1 ounce of Mr. *Mountfords* water and as much of Cinnamon water, temper all these together in a Cordial, and take a spoonful at a time when you are at Sea.

A Plaister to strengthen the Back.

Take 8 yolks of Eggs new laid, 1 ounce of Frankincense beaten into fine powder, mingle them well together, put in as much Barly flower as will make it thick for a Plaister, spread it on leather, lay it to the small of the back, letting it lie nine hours, use four plaisters one after another, you must

must slit the plaister in the midst, so as it may not lie on the back bone.

A present remedy for a woman with Child, that hath taken harm by a fall, or fright, or any mischance.

To stay the Child, and strengthen it, take one ounce of Pickerel jawes fine beaten and searced, of Date stones, and *Bole Armoniack*, of each one ounce, of *Sanguis Draconis* half an ounce, give of these, being well searced and mingled together, a *French* Crown weight in Muskadine or Malmsey, and let the woman keep her self very warm.

For a weak Back.

Take of red lead half a pound, of white lead half a pound, boil these in three pints of Sallet Oil in a pipkin, stirring them continually with a piece of Iron, until it be of a gray colour, then rowl it up in rowls, and keep it for your use.

Oil of Saint John's Wort.

Take a quart of Sallet oil, put thereto a quart of the flowers of St. *Johns* Wort well picked, let them lie therein all the year, till the seeds be ripe, the glass must be kept warm, either in the Sun or in water all the Summer untill the seeds be ripe, then put in a quarter of St. *Johns* Wort seeds whole and so let it stand 12 hours, then you must seeth the oil 8 hours, the glass being kept open, and the water in the pot full as high as the oil is of height in the glass, then when it is cold strain it, that the seeds may not remain in the oil, then put up the oil for your use.

A green Salve for an old Sore.

Take a handful of Groundsel, as much Houseleek, of Marigold leaves a handful, pick and wipe these Herbs clean, but wash them not, then beat all these herbs in a wooden bowl as small as is possible then strain out all the juice, and

put in a quantity of Hogs grease, as much as 2 Eggs, beat all these together again, then put in the juice again, and put in 10 Eggs, yolks and whites, 5 spoonfuls of *English* Honey, and as much wheat flower as will make all this as thick as a salve, and so stir it very well together, and put it close up in a pot that it take no air, and so keep it for your use.

A most excellent Powder for the Cholick and Stone.

You must take morning and evening before you go to bed, *Sperma Ceti* one ounce and half, Cloves and Mace 1 quarter of an ounce, Annise seeds, and *Parsley* of each 2 ounces, Cinnamon, and small Pepper of each 1 quarter of an ounce, Date stones a quarter of an ounce, Liquorish, Fennel, and Sage, Bay-berries, of each three quarters of an ounce, Acorns one quarter and half of an ounce, Lilly roots two drams, the white of

Oyſter-ſhells burned in the fire one quarter of an ounce, beat all theſe into fine powder, and drink as much thereof in Ale or Beer as will lie on a ſix pence, and faſt one hour or two after it; if the party be ſore grieved, take one handful of Parſly, and ſeeth it in Ale till half be ſod away with 20 or 30 Prunes therein ſtrained, and put thereto two ſpoonfuls of this powder, and drink it mornings and evenings ſomewhat warm.

A preſent Remedy for the Running of the Reins.

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick, and lay it in Papers, and beat it with a hammer very ſmall, and put a little Coral well beaten unto it, and as much Amber-greaſe, then mingle theſe things together

together with Sugar and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of water-Dittany, two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallet oil, half a pint of White Wine, boil all theſe together while the white Wine be quite conſumed, then it will be green and come to the height of a Salve.

A proved Medicine for a burning or ſcalding by lightning or otherwiſe.

Take Hogs greaſe, or ſheeps treacles, and Alehoof, beat theſe very well together, then take more Hogs greaſe, and boil it to a Salve.

To uſe it.

Annoint the place grieved with this ointment, and then lay upon the ſore ſo annointed, Colewort-leaves, which muſt be boiled very ſoft in water, and the

strings made smooth with beating them with a Pestle.

A Powder for the Green Sickness, approved with very good success upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them severally, and then altogether very well, fine sugar very small beaten one quarter of a pound, and then mix and beat them all four together, Pearl the sixth part of half an ounce finely beaten, mingle it with the rest, and beat them altogether again, the filing of Steel or Iron an ounce and a quarter, sift it very fine, and mingle it with the rest, but if so small a quantity will not serve, add a quarter more of the mettle, let it be sifted before you weigh it: but if all this will not serve the turn, put in a little Rubarb, or a little Aloe succatrina.

The manner of using this Powder.

In the morning when you rise take

take half a spoonful of it, as much at four a clock in the afternoon, and as much when you go to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugarsops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat: take care that this be not given to any woman that hath conceived or is with Child.

A Drink to stench Blood inwardly.

Take the juice of one handful of Shepherds purse, of Parsly, and Five-finger, of each as much, take five slips of Egrimony, strain all these juices into the milk of a red Cow, and drink thereof early and late warm.

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The manner of using this Powder.

In the morning when you rise take

take half a spoonful of it, as much at four a clock in the afternoon, and as much when you go to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugarsops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat; take care that this be not given to any woman that hath conceived or is with Child.

A Drink to stench Blood inwardly.

Take the juice of one handful of Shepherds purse, of Parsly, and Five-finger, of each as much, take five slips of Egrimony, strain all these juices into the milk of a red Cow, and drink thereof early and late warm.

A Powder to keep the Teeth clean, and from being worm eaten.

Take Rosemary burned to ashes, Cuttles bone, Harts-horn burned to powder, *Sal Gemma* 1 penny weight, the flowers of Pomegranates, white Coral, of each a six-penny weight, make all these into powder, and with a little Rosewater, and a Sage leaf, rub the teeth.

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint of oil of Olives a quarter of a pint of running Water, nine branches of Rosemary, 1 ounce of unwrought Wax, 2 ounces of Roses, seeth all these together in a little pan over the fire, let it seeth until there arise a little white scum upon it, then stir it with a stick, suffering it to boil, until one quarter be consumed, then take it from the fire, strain it through a coarse cloth, but it must be done quickly after it be taken

taken from the fire for cooling after you have strained it in an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage, good for the grief in any joynt, or for any ach.

Take Sage and Parsley, seeth them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomach, Spleen, Liver, Lungs and Brain.

Take Alexander, Water-cresses, young Mallows, Borrage and Fennel roots pared, Mercury, Harts-tongue, and Clare, and make of these Pottage.

To drive infectious diseases from the heart.

Take Mithridate and Centory, of each 2 ounces, 8 spoonfuls of Dragon water, one pint of white Wine, 7 spoonfuls of *Aqua vitæ*, boil altogether a little, strain it, then set it on the fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dried Sage, make powder of it, burnt Allum, Bay salt dried, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash, between 2 or 3 years of growth, dry it to powder, and drink of it as much at ounce, as will lie on a sixpence in Ale or white Wine, and it will bring a present remedy; the party must be kept warm two hours after it.

For the Stone.

Take the stone that growth within the gall of an Oxe, grate it,

it, and drink of it in white Wine, as much as will lie upon a fixpence at once, for want of white Wine make a posset of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitory therein, and drink of the powder with it.

For the black Jaundice.

Take Earth-worms, wash them in white Wine, then dry them, and beat them into powder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder; Sheeps tallow a quarter of a pound, mele them together, and pour them into a Basin of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rowls, and keep it

it to strike thin plaisters upon old Sores.

A Water to wash Sores withal.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum 2 ounces, Honey a saucers full, boil all these together in 3 pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withal.

A Medicine to cure the Gurget in the throat.

Take a pint of *May* butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder one good handful, and some Palse roots, seeth it to half the quantity, and strain it, and so keep it cool, take this ointment and anoint your throat, then take the ointment and strike a long plaister with it very thick of the shoulders, then strike upon the ointment the best Jane treacle, and upon that strew gross pepper very thick, strike it on with a knife,

warm

warm the plaister, and bind it round your throat to your ears, renew it once a day with the ointment, and the treacle and pepper, and lay it on again, before [illegible] use this ointment, scour your mouth and throat with the powder of Roch Allum burned, mix it with the powder of Madder or Pepper.

For the Hearing.

Take an Onion, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in a paper, and roasted in the embers, lay it to each ear.

For a dead Child in a woman's body.

Take the juice of Hyssop temper it in warm water, and give it the woman to drink.

For a woman that hath her Flowers too much.

Take a Hares foot, and burn it, make powder of it, and let her drink it with stale Ale.

A Medicine for the Gout.

To Take Tetherry roots, and wash

and

and scrape them clean, and slice them thin, then take the grease of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of grease at the bottom, then a lane of roots, then the grease again, and so roots and grease till the pot be full, then stop the pot very close, and set it in a dunghil 21 dayes, then beat it altogether in a bowl, then boil it a good while, then strain it, and put in a penniworth of *Aqua vitæ*, then annoint the place grieved very warm against the fire.

A diet drink for the running Gout, Ach in the Joynts, and for all infections.

Set 7 quarts of water on the fire, and when it boileth, put therein four ounces of *Sarsaparilla*, bruised and let it boil 2 hours very softly, close stopped or covered, then put in 4 ounces of Sene, 3 ounces of Liquorish bruised, of *Stæcados*, *Hermodactyl*, *Epithymum*, and of Cam-

Cammomil flowers, of every one half an ounce, and so boil all these two hours very softly, then strain it, and keep it in a close vessel close stopped, when it is cold, then boil again all the aforesaid ingredients in 7 quartes of water, 4 hours, with a soft fire close covered, then strain it, and keep it as the other by it self, and take of the first a good draught one hour before you rise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without salt, and not basted, but to your breakfast, a poached Egg, no bread but Bisket, or dried crust, and at night Raisins of the Sun, and Bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Herb-grace, of each

each like quantity, Ribwort, Plantain and Daſie roots, more than half ſo much of each of them, with Wax, freſh Greaſe, and Roſin, make it a Salve, if the fleſh grow proud, then put alwayes upon the Plaiſter, before you lay it to the ſore, burnt Allum, and it will correct the fleſh.

To cauſe a woman to have her ſickneſs.

Take Egrimony, Motherwort, Avens and Parſly, ſhred them ſmall with oatmeal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oyſters, waſh it, and dry it to powder, drink it with Malmſey faſting.

To kill worms.

Take Aloe ſuccarina 2 ounces, let it ſtand in a quart of Malmſey eight hours, drink it morning and evening.

For

For a hot Rheum in the Head.

Take Rose-water, Vinegar and sallet-oil, mix them well together and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, beat it to powder, and drink it.

For an Itch or any scurf of the body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and anoint the Patient.

For one that is bruised with a fall.

Take Horse-dung, and sheeps-suet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Emeroids.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured, to the Fundament, divers bags one after another, and let one continue at it-

For

For one that is burned with Gunpowder or other wise.

Take one handful of Groundsel, twelve heads of Houseleek, one pint of Goose dung, as much Chickens dung, of the newest that may be gotten, stamp the Herbs as small as you can, then put the dung into a mortar, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with a cleft stick into an earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Celendine, as much Orpen, cut it small, and boil it with oil Olive and unwrought Wax, then strain it and use it.

To stop the bleeding of a cut or wound.

Take Hop, stamp it, and put it into the wound, if Hop will not do

do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivy, three handful, Houseleek one handful; wash them, and stamp them in a stone Mortar very small, and as you stamp them, put in a pint of cream by little and little, then strain it, and put it in a pot with a feather, take of this, and annoint the scalded place, and then wet a linnen cloth in the same ointment, and lay it on the place, and over that rowl other clothes.

An Ointment for a Fistul.

Take *Sal armoniack*, one ounce, beat it into fine powder, then mix it with sope, and fresh grease, of each two ounces, make an ointment and annoint the place.

For the singing in the Head.

Take one Onion cut out the core, and fill that place with the powder of Cummin, and the juice of Rue, set on the top again, and roast

roast the Onion in embers, then put away the outside, and put it in a cloth, wring out the juice, take black wooll and dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take 3 handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven until it be well dried, then cut the paste, and take forth the Rosemary, infuse it in 2 quarts of Claret wine, with two ounces of good Treacle, 1 ounce of Nutmegs, of Cinnamon and Ginger, of each half an ounce bruised; let them stand infused 2 nights and one day, then distil it in a Limbeck, drink hereof one spoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Herb-grace, Elder leaves, red Brier leaves, of each

each one handful, stamp them and strain them with a quart of white Wine, and then put to it *Aqua vitæ*, and Ginger, drink hereof every morning one spoonful, nine mornings together, and it will preserve you.

For a bruise or Stitch.

Take the kernels of Walnuts and small Nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey; beat them all together very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfrey one good handful, wild Daisie roots as much, and the like of knotted grass, stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening 9 dayes, blood warm; if it be a man, that hath been long

so,

ſo, he muſt lie nine daies upon his back, and ſtir as little as he can. If he be a child, he muſt be kept ſo much lying as you may for nine dayes, if you think the drink too ſtrong for the child, give it him but 5 daies in Malmſey, and the reſt in ſtale Ale; have care that the party have a good Truſs, and keep him truſſed one whole year at the leaſt.

A Plaiſter for a Rupture.

Take the juice of Comfrey, wild Daiſie-roots, and knotted graſs, of each a like quantity, freſh butter, and unwrought Wax, of each a like quantity, clarifie them ſeverally, then take of the roots of Comfrey, dry it, and make powder of it, take the powder of Anniſeed & Carmin ſeed, but twice as much Carmin ſeed, as Anniſe; boil theſe powders in the Butter, and unwrought Wax on a ſoft fire a good while, then put in your juice, let it boil a walm or

two,

two, so take it from the fire, stir it altogether till it be cold, take hereof and spread it, and lay it to his Cods as hot as he can suffer it, and use this till he be whole: this plaister is most excellent for a Child that is burst at the Navel.

GRATIOSA CURA.

A Water for a Cat or a Sore.

Take Honey-suckles the knots nipt off, flowers of Celendine, flowers of red Sage, of each three spoonfuls, Five-finger, Comfrey such as is to knit bones, Daisies with the roots thereon, Ladder of Heaven, blossoms of Rosemary, Scewel, Herb-grace, Smallage, red Roses with the knops on, or else red Rose cakes, Adders-tongue, of each of these one handful, seeth all together in six gallons of water that runneth towards the *East*, until 2 gallons be sod in, then strain them, and put to the water 3 quarts of *English* Honey, one pound of Rock allum, one penni-

penniworth of madder, one penniworth of long Pepper, seeth all together until one gallon be consumed, then cleanse the water.

For the wind Colick.

Take the flowers of Walnuts, and dry them to powder, and take of them in your Ale or Beer, or in your broth as you like best, and it will help you.

To make a sovereign Oil of a Fox for the numm'd Palsie.

Take a Fox new killed, cased and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Camepites, Southernwood, red Sage, Oliganum, Hop, Steæad, Rosemary, Costmary, Cowslip flowers, Balm, Betony, sweet Marjoram, of each a good handful, chop them small, and put thereto of the best oil of Castor, Dill and Cammomil, of each 4 ounces, mix the herbs and oils together, and strow over them *Aphronitre* a good handful, put them

all

all into the Fox, and sew up his belly close, and with a quick fire roast him, and the Oil that droppeth out, is a most singular Oil for all Palsies or numnesse. Approved.

To comfort the brain, and procure sleep.

Take brown bread crums, the quantity of one Walnut, one Nutmeg beaten to powder, one dram of Cinnamon, put these into a Napkin with two spoonfuls of Vinegar, 4 spoonfuls of Rosewater, and one of womans Milk.

For the weakness in the Back.

Take the pith of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handful of Comfrey, one handful of knotted grass, one handful of Shepherds purse, put these into a quart of water, boil them unto a pint, with 6 Dates boiled therein.

For a Canker in any part of the Body.

Take Fil-bird Nut-leaves, Lavender cotten, Southernwood,

Wormwood, Sage, Woodbind leaves, ſweet Brier leaves, of each a like quantity, of Allum and Honey a good quantity, ſeeth all theſe till they be half ſodden, waſh the Sore with it.

For an old bruiſe.

Take one ſpoonful of the juice of Tanſie, and as much Nip, two penniworth of *Sperma Ceti*, put it into a little Ale, and drink it.

Oil of Foxes, or Badgers, for Ach in the joints, the Sciatica, diſeaſes of the Sinews, and pains of the Reins and Back.

Take a live Fox or Badger of a middle age, of a full body, well fed, and fat, kill him, bowel and skin him, ſome take not out his bowels, but only his Excrements in his guts, becauſe his guts have much greaſe about them, break his bones ſmall, that you may have all the marrow; this done, ſet him a boiling in ſalt Brine, and ſea water, and ſalt water of each

each a pint and a half of oil three pints, of salt 3 ounces, in the end of the decoction put thereto the leaves of Sage, Rosemary, Dill, Organy, Marjorum, and Juniper berries and when he is so sodden that his bones and flesh do depart in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the Ach in the joynts, the Sciatica, diseases of the sinews, and pains of the reins and back.

To make the Leaden Plaister.

Take 2 pound and 4 ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of *Spanish* sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boil, and when they are well incorporated, that the sope cometh upward, put it upon a small fire of coals, continuing upon the fire

the ſpace of an hour and a half, ſtill ſtirring it with an Iron Ball upon the end of a ſtick, then make the fire ſomewhat bigger, until the redneſs be turned into a gray colour, but you muſt not leave ſtirring till the matter be turned into the colour of oil, or ſomewhat darker: then drop of it upon a wooden trencher, and if it cleave not to the finger, it is enough: then make it up into rowls, it will keep twenty years, the older the better.

The virtue of the Plaiſter.

The ſame being laid upon the ſtomach, provoketh appetite, it taketh away any grief in the ſtomach, being laid on the belly, is a preſent remedy for the Cholick, and laid unto the reins of the back, it is good for the bloody Flux, running of the Reins, the heat of the Kidneys, and weakneſs of the back: the ſame healeth all ſwellings, bruiſes, and taketh away

ach,

ach, it breaks Fellons, pushes, and other Impostthumes, and healeth them, the same draweth out any running humours, without breaking the skin, and being applied to the fundament, it healeth any disease there growing, being laid on the head is good for the Uvula, it healeth the head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat-flower, bolted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsey, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg of good Treacle, and so much spice grains beaten, as you can take up with the tops of your 2 fingers, mix it together, and let the party sick drink it blood-warm, if he be infected it will procure him to cast, which if he do, give him as much

more, and so it again and again, observing still some quantity till the party leave casting, and so after he will be well: if he cast not at all, once taken it is enough and probably it is not the sickness: after the party hath left casting, it is good to take a competent draught of burnt Malmsie alone with Treacle and Grains, it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root, of Jane Treacle two spoonfuls, of Wine Vinegar 3 spoonfuls, of Rue water 3 spoonfuls, make all these more than luke-warm, and drink them off at once well steeped together, sweat after this 6 or seven hours, and it will bring forth the Plague sore.

To break the Plague sore.

Lay a roasted Onion, also seeth a white Lilly root in milk, till it be as thick as a Poultess, and lay it to the sore, if these fail, launce the

the sore, and so draw it and heal it with salves for Botches, or Biles.

To make a Salve to dress any wound.

Take Rosin and Wax of each half a pound, of Deer suet, and Frankincense of each one quarter of a pound, of Mastick in powder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold, put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine; and wash it as you wash Butter, and then as it cools, make it up in rowls.

A most excellent Water for sore Eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it 3 spoonfuls of white salt, and one spoonful

of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe.

When you take it you muſt lie down upon the bed and drop two drops of it into your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any pearl or film growing upon it, then take a handful of red double Daſie leaves, and ſtamp them, and ſtrain them through a linnen cloth, and drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Saller Oil or Neats-foot Oil, half a pint of Engliſh Honey, 2 or 3 penniworth of Turpentine, a good quantity of Hogs greaſe 2 or 3 penniworth of *Sal Armoniack*, half a pint of ſtrong Wine-vinegar, half a dozen

of

of Egg-shells, and all beaten very small, one handful of white Salt, put all these together into an earthen pot, stir and mingle them together exceeding well, then as much Bean-flower, or wheat-flower as will thicken it plaister-wise, then with your hand strike it, on the grieved place once a day, and by Gods help it will ease any sore that cometh by means of striking, wrinching, bruising, or other kind of swelling that proceedeth of evil humours.

Balm water for a Surfeit.

Take two gallons of strong Ale, and 1 quart of Sack, take 4 pound of young Balm leaves, and shred them, then take 1 pound of Annise-seeds, and as much Liquorish beaten to powder, put them all into the Ale and Sack to steep 12 hours, put it into a Limbeck and so still it, it is good for a surfeit of choler, for to comfort the heart, and for an Ague.

A Reſtorative Water in ſickneſs, the Patient being weak.

Take 3 pints of very good new milk, and put thereto one pint of very good red Wine the yolks of 21 Eggs, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and Wine, then put the ſame into a fair Stillory, and ſtill it with a ſoaking fire, and take a ſpoonful of this water in your Pottage or drink, and this in 1 or 2 Months will prevent the Conſumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them and ſtrain it in a quart of Ale, and ſet it on the fire, then take the yolks of four Eggs and make it for a Caudle, and ſo ſeaſon it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfaſt.

For one that cannot make water and to break the Stone.

Pare a Reddiſh root, and ſlice it thin,

thin, and put it into a pint of white Wine, & let it infuse 6 or 7 hours, then strain it and set it on the fire; and put thereto 1 Parsley root, and one spoonful of Parsley seed, and half a handful of Pellitory of the wall and seeth it until half be wasted, and give it luke-warm to drink.

A Diet against Melancholy.

Take Sene 8 ounces, Rubarb 6 drams, Polipody of the Oak, *Sarsaparilla*, and Madder roots, of each four ounces, Annise-seeds, Fennel seeds *Epithymum*, of each 1 ounce, Mace, Cloves, and Nutmegs of each 2 ounces. Egrimony, Scabious, and red Dock roots of each 1 handful; make them all small, and put it into a long narrow bag or boulter, hang it in a vessel of Ale that containeth 6 gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Syrrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabious, of each one handful, Chamepitis, Hyssop, of each a dozen drops, Endive and Succory, of each 3 or 4 leaves, of young Fennel and Parsley, of each ... root, 1 stick of Liquorish, one ... ful of Barberries clean wa... one spoonful of Annise seeds, shed, ... s of the Sun, stoned: boil 20 Raisi... a pottle of Water to a all these in... rain it, and put there- quart, then ... Sugar one quarter of to of the ... ve of violets one a pound, Confe... it as long as ounce; and so bo... rain it again, as ... scum arise, then ... and use this very warm.

For one that cannot make ... water.

Take the seeds of Parsley, ... of red Fennel, of Saxifrage, ... of Carraways, of the kernel of Hip ... berries, of each a like quantity, put in some powder of Jet, mingle these, being beaten to powder well together, and drink it in stale Ale lukewarm.

To

To make Aqua Composita.

Take of Annise seeds, and Liquorish, bruised, of each half a pound, Thyme and Fennel, of each half a handful, Calamint 2 handfuls, Coriander and Carraway seeds bruised, of each two ounces, Rosemary and Sage, of each half a handful, infuse these a whole night in 3 gallons of red Wine or strong Ale, then still it in a Limbeck with a soft fire.

An Ointment for a Swelling.

Take of Marsh Mallows, of wormwood, of Smallage, of each one handful, boil it with one pound of the grease of a barrow Hog until it be very green, then strain it and keep it very close. Lady *Powlet.*

A Plaister for the Back.

Take half a pint of Oil of Roses, four ounces of white Lead ground into fine powder, put your oil into a clean Posnet, and set it on the fire, and when it is warm, put

put in your white Lead, ever ſtirring it, then put into it of your Wax one quart, ſtir it until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white ſanders, and yellow ſanders, of each the weight of four pence, fine *Bole & Terra ſigillata*, of each 2 penniweight, in fine powder all, ſtill ſtirring it till it be almoſt cold, and ſo make it up in rouls: uſe it as need requires, for all weakneſs, waſting, or heat in the Kidneys. *Cranah.*

To make Oil of Swallows.

Take one handful of Mother-Thyme, of Lavender-cotten, and Strawberry leaves, of each alike, foure Swallows, feathers and all together well bruiſed, 3 ounces of Sallet oil, beat the herbs, and the Swallows, feathers and all together, until they be ſo ſmall that you can ſee no feathers, then put in the oil, and ſtir them well together, and ſeeth them in a poſnet, and

ſtrain

strain them through a Canvas cloth, and so keep it for your use.

For a Thorn, Fellon or Prick.

Take the juice of Fetherfew, of Smallage, of each one saucer full, put to it as much of Wheat flower, as will make it somewhat thick, and put to it of good black sope the quantity of a Walnut, mingle them together, and lay them to the sore

A Drink for one that hath a Rupture.

Take the Comfit, otherwise called Boneset, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more than a handful, of Vervain, as much as of the Cammock, of Dasie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped, one pint of pure white Wine, then strain it, and drink of it morning and evening, one hour or more before break-

breakfast or supper, a good draught blood-warm.

If it be a sucking Child, let the Nurse drink posset Ale of the aforesaid drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed 9 dayes, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds and Tersul, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great

great spoonfuls of the best *English* Honey, and one ounce of Roch Allum, boil them all again as long as any scum ariseth, then take it off and put it in a close bottle, and use it blood warm when need requires.

For the Mother.

Take 3 or 4 handfuls of Fern that groweth upon a house, seeth it in Rhenish Wine till it be well sodden, then put it in a linnen cloth, and lay it to her Navel as hot as she may suffer it, four or five times.

A Water for all old Sores.

Take Honeysuckles, Water Betony, Rosemary, Sage, Violet leaves, Elder leaves, cut them all small together, and seeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juice of Housleek, and of Lettice, of each 1 spoonful, of womans

womans Milk six spoonfuls, put them together, and set them upon a Chafing dish of Coals, and put thereto a piece of Rose cake, and lay it to your Temples.

To quench or slake your Thirst.

Take one quart of running water out of the brook, seeth it, and scum it, put thereto 5 or 6 spoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, 3 or 4 Cloves bruised, drink it lukewarm.

For one that hath a great heat in his hands and stomach.

Take 4 Eggs, roast them hard, peel them, lay them in Vinegar 3 or 4 hours, then let the sick man hold in either hand one of them, and after some space change them and take the other, and it will allay the heat.

Against all Aches especially of a womans breast.

Take Milk and Rose leaves, and set them on the fire, and put there-

to

to Oatemeal, and oil of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so that it be alwayes hot.

For the Phthisick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorish and Sugar candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder, and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have shells, prick them, and with the juice that cometh from them rub the Wart every day for the space of 7 or 8 dayes, and it will destroy them.

A perfect water for the sight.

Take Sage, Fennel, Vervain, Bettony, Eyebright, Pimpernel, Cinquefoil, and Herbgrace, lay all these in white Wine one night, still it in a stillatory of glass, this water did restore the sight of one

that

that was blind 3 years before.

To restore the Hearing.

Take Rue, Rosemary, Sage, Vervain, Marioram, of each one handful, of Cammomil 2 handfuls, stamp them, and mould them in Rie dough, make thereof one loaf, bake it as other bread, and when it is baked, break it in the midst, and as hot as may be suffered, bind it to your ears and keep them warm and close one day or more, after it be taken away, forbear ye to take cold.

For a Fellon in the Joints.

Take Rue, Featherfew, Bores greese, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat them together, and lay it to the sore place.

To comfort the Brains, and to procure sleep.

Take a red Rose-cake, three spoonfuls of white Wine Vinegar, the white of one Egg, three

spoon-

spoonfuls of Womans Milk, set all these on a Chafing dish of Coals, heat them, and lay the Rose cake upon the dish, and let them heat together, then take one Nutmeg, and strew it on the Cake, then put it betwixt two clothes, and lay it to your forehead as warm as you may suffer it.

A Medicine for a forehead with a Scald.

Take one peck of Shoomakers shreds, set them over the fire in a Brass pan, put water to them and seeth them so long as any oil will arise, and evermore be scumming off the oil, then take plantain, Ribwort, Housleek leaves, ground Ivy, knotted grass, wild Borrage, Tutsan, Herb Bennet, Smallage, Setwel leaves, of every one alike quantity, and beat them in a Morter and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, beat them, and put them into

to a pan, and set it over the fire, put thereto the Herbs and the oil, let them seeth till all be melted, then strain them into a pan, and stir them till they be cold, and put it into a box for your use, when you dress your head, heat a little in a saucer, annoint it every day twice, pull out the hairs that stand upright, and with a linnen cloth wipe away the corruption.

A Salve for a Green wound, or old Sore.

Take the leaves of green Tabacco two pounds, of Valerian two pound, beat them very small, then strain them, and take the juice thereof, put one pound of yellow Wax, one pound of Rosin, one pound of Deer suet, boil them together till they be very green, and when it is cold, put to it a quarter of a pound of Turpentine, and keep it for your use.

For the Running of the Reins. Approved.

Take the Roes of red Herrings, dry them upon the coals till they will beat to powder, then give it to the patient to drink in the morning fasting, as much as will lie upon a shilling in 5 spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a soft fire by the space of 4 hours, then strain it from the Mugwort, and put it up in an earthen thing for your use, and annoint your feet as you go to bed.

A Medicine for any heat, burning, or Scalding. Approved.

Take half a pint of the best Cream you can get, and set it in a fair Posnet, upon the fire, then take

to a pan, and ſet it over the fire, put thereto the Herbs and the oil, let them ſeeth till all be melted, then ſtrain them into a pan, and ſtir them till they be cold, and put it into a box for your uſe, when you dreſs your head, heat a little in a ſaucer, annoint it every day twice, pull out the hairs that ſtand upright, and with a linnen cloth wipe away the corruption.

A Salve for a Green wound, or old Sore.

Take the leaves of green Tabacco two pounds, of Valerian two pound, beat them very ſmall, then ſtrain them, and take the juice thereof, put one pound of yellow Wax, one pound of Roſin, one pound of Deer ſuet, boil them together till they be very green, and when it is cold, put to it a quarter of a pound of Turpentine, and keep it for your uſe.

For the Running of the Reins. Approved.

Take the Roes of red Herrings, dry them upon the coals till they will beat to powder, then give it to the patient to drink in the morning fasting, as much as will lie upon a shilling in 5 spoonfuls of Ale or Wine, be he never so weak.

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A Medicine for any heat, burning, or Scalding. Approved.

Take half a pint of the best Cream you can get, and set it in a fair Posnet, upon the fire, then take

take two good handfuls of Dasie roots, leaves and all, clean washed, and very finely shred, put them into the same Posnet, and boil it upon the fire until it be a clear Ointment; then strain it through a cloth, and keep it for your use.

To make Aqua Composita *to drink for a Surfeit, or a cold stomach, and to avoid Flegm and glut from the stomach.*

Take one handful of Rosemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, 6 good crops of red Mints, and as much of Pennyroyal, half a handful of Horehound, six crops of Marjaram, two ounces of Liquorish well bruised, and so much of Anise seeds, then take 3 gallons of strong Ale, and put all the aforesaid things, Ale and Herbs, into a brass pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come

come no air out, and so keep it with a soft fire, as other *Aqua vitæ*.

For an Ach in the Joynts.

Take clarified Butter a quarter of a pound, of Cummin 1 pound, black Sope a quarter of a pound, a handful of Rue, sheep suet 2 ounces, Bay-salt 1 spoonful, bray these together, then fry them with the gall of an Ox, spread it on a plaister, and lay it on as hot as you can, and let it lie 7 dayes.

A Plaister to lay to the Head for a Rheum which runneth at the Eyes.

Take the powder of Rose leaves, Rose-water, and Bettony water, of each a like quantity, and a little Vinegar, put your powders into the Water and Vinegar, still them and temper them, and make them in a Plaister, and put to it a little powder of *Terra sigillata*.

A Water to be used with the Plaister above said for the same purpose.

Take one quart of new Milk, two pound of green Fennel, a

quarter of a pound of Eyebright, put the herbs and milk into a Still-latory, cast half an ounce of Camphire thereon, and with this water wash your eyes and temples.

For the Emtroides, approved.

Take a piece of tawny cloth, burn it in a Frying pan to powder, then beat it in a Mortar as fine as may be, searce it, then lay it on a brown paper, and with spittle make it plaisterwise, and lay it to the place, and truss it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto sallet oil 3 or 4 spoonfuls, and a pint of Milk, and seeth them together to a good thickness, spread it on a cloath, and lay it to the sore; instead of sallet oil you may use Deer suet.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fether-few,

sew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and sage of each 1 handful, seeth all these in 4 gallons of running water, and let it seeth till 1 gallon be wasted, then bath your legs 3 nights together.

A Medicine for any Joynt that is numb with any Ach, approved.

Take Virgin Wax 1 ounce, Verdigreece half a quarter of an ounce, Brimstone 2, Sope, oil of Eggs, of Allum, of Honey, of each a like quantity, temper them all together, and lay it upon the place grieved, somewhat warm.

A Medicine for a Felon of any Finger.

Take as much bay-salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then beat it in a Morrar very fine, then take the yolk of 2 new laid Egg, beat it with this powder until it be very stiff, spread it upon a cloth,

lay it upon the joynt grieved 24 hours, and ſo dreſs it 3 times.

For a Boil or Puſh.

Take the yolk of a new laid Egg, a little *Engliſh* Honey, put it into the ſhell to the yolk, put in as much Wheat meal as will make it to ſpread, then take 1 branch of Rue, and one of Fetherfew, ſhred them very fine, and put it to the ſame medicine, ſtir them very well together, ſpread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cauſe good digeſtion, and to comfort the ſtomach.

Take Setwel and Gallingal, of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſlices, three Bay-berries ſliced fine and huſked, three ſlices of Liquoriſh, half a ſpoonful of Annile ſeeds clean duſted, one long pepper cut ſmall, white pepper ſix grains, as much black pepper, beat them all into a groſs pow-

der,

der, then put thereto two grains of musk, one grain of Ambergreece, then take Mint-water and Sugar, boil them together, and when they are come to the right perfection of thickness, put in these powders above mentioned in the cooling with a little Conserve of Rosemary flowers; of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Powder for the Rheum or sore Eyes.

Boil one pint of Hop-water, made when the Hop is in the flour, till it be scalding hot, then put into it half a pound of Liquorish in very fine powder, the water being taken from the fire, for the Liquorish must not boil in the water, stir them together till the water be clean consumed, then add to them of Annise seeds, and Fennel seeds, of each half a pound made into very fine powder through a search, Angelica

roots, Elicampane root, and leaves, add flowers of Eyebright made into very fine powder, of each one ounce and a half, mingle these together, and so keep it close, and when you eat of this powder, weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moisten it, or Angelica water, or *Rosa solis*, to keep it from being musty, set it near the fire, eat of these powders at any time as much as you may take up with a groat, and it is special good for the Rheum, for cold or for sore eyes. Mr. *Bina-low*.

A Salve for any Wound.

Take Rosin, Perosin, Wax, of each eight ounces, of sheeps suet, and Frankincense, of each four ounces, one ounce of Mastick made in powder, boil all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of

Camphire

Camphire in powder; when it is almost cold put thereto 4 ounces of Turpentine, and make it up in rowls, but before it be rowled you must wash it up in running water. *A. T.*

How to deliver a Child in danger.

Take a Date stone, beat it into powder, let the woman drink it with Wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green or dry; give it the Woman to drink in Wine, give also the Milk of another Woman.

A most singular Syrrup for the Lungs; and to prevent a Consumption.

Take Egrimony, Scabious, Borrage, Buglos, of each twenty leaves, Fole-foot, Lungwort, Maiden-hair, of each half a handful, Succory and Endive, of each six leaves, of *Carduus benedictus*, Horehound, Nip, of each

four crops, unset Hop, half a handful, Fennel roots, Parsley roots, Smallage roots, of each 3 roots sliced, and the pithe taken out, Elecampane 4 roots sliced, Iris roots half an ounce sliced, Quince seeds one ounce, Liquorish three good sticks scraped, and sliced small, twenty Figs sliced, Raisins of the Sun 1 good handful sliced, and the stones taken out. Boil all these in a gallon of running water till half be consumed, then take it from the fire, and let it settle, then strain it, and boil it again with as much white Sugar as will make it thick as Syrup, that it may last all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Ashen keys half a handful, 3 or 4 Acrons, the shells of three new laid Eggs, Grumwell seeds, Parsley seeds, of each half an ounce, Perstone a good handful, Cannock roots half a handful,

make

make all these in fine powder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour.

For the Cholick and Stone.

Take 1 handful of *Fili Pendula*, of Rosemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parsley, of Scabious, of each 4 handfuls, of Marigolds one handful, of Marjorum 3 handfuls, of brown Fennel, of Londebeese, of Spernits, of Borrage, of each 2 handfuls, of Maiden-hair 3 handfuls, still all these in *May*, keep it in a Glass till you have need of it, then take of it five spoonfuls, and three of white Wine, and of clean powder of Ginger half a spoonful, put these together and warm it luke warm, and let the Patient drink it in the morning 2 hours be-

before he rise out of his bed, let him lay more clothes upon him, for it will provoke him to sweat, after the sweat is gone, let him rise and walk whither he will.

A good water to drink with wine, or without to cool Choler.

Take Borrage roots, and Succory roots of each two, wash and scrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair spring water, set it on a fire of Charcoal, put the roots in it, and 8 penniworth of Cinnamon, when it beginneth to seeth, put into it 4 ounces of fine sugar, and let it seeth half an hour, then take it off, let it cool, and drink thereof at your pleasure.

How to make Aqua Composita for the Chollick and Stone.

Take strong Ale one month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorish,

and

and as much Annise seeds, and of these Herbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Pasphere, Pellitory of the wall, Watercresses, Saxifrage, Grumwell seeds, *Filipendula*, Peniroyal, Fennel, half a root of Elecampane, of Haws, of Hips, of Berries, of Brambles, and Barberries of each half a pint, still them as you do other *Aqua vitæ*.

A Medicine for the Cholick passion.

Take the smooth leaves of Holly dry them, and make them into powder, of Grumwell seed, and Box seed of each a little quantity, let the Patient drink thereof.

How to take away the fervent shaking and burning of an Ague.

Take of the rind of the Wilding-tree, with the leaves in Summer, of each half a handful, as much Bettony, 3 crops of Rosemary, seeth them in a quart of posset-Ale to a pint, and let the sick

drink

drink of this as hot as he can, and ſo within 3 times it will eaſe him.

For the hardneſs and ſtiffneſs of the Sinews.

Take 12 fledg'd Swallows out of the neſt, kill them, beat them feathers and all in a Mortar, with Thyme, Roſemary and Hop, then ſeeth them with *May* butter a good while, then ſtrain them through a ſtrainer, as hard as you can, and it will be an Ointment, take the ſtrings that grow out of the Strawberries and beat them amongſt the reſt.

How to ſtay the Flux.

Take white Starch made of wheat 2 or 3 ſpoonfuls, and take alſo new Milk from the Cow, ſtir theſe together, and let them be warmed a little, and give it to the party grieved in manner of a Glyſter, a preſent remedy.

An

An approved Medicine for the Plague, called the Philoſophers Egg: It is a moſt excellent preſervative againſt all poyſons, or dangerous Diſeaſes that draw towards the Heart.

Take a new laid Egg, and break a hole ſo broad as you may take out the white clean from the yolk, then take 1 ounce of Saffron, and mingle it with the yolk, but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that it ſhall not be buried, and as thoſe embers do cool, ſo put in more hot; and do ſo for the ſpace of two dayes, until you think it be dry, for proof whereof you ſhall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the ſhell from the Saffron, and ſet it before the fire, and let it be warm, then beat it in a Mortar very

very fine, and put it by it self, then take as much white Mustard-seed as the Egg and Saffron and grind it as small as meal, then searce it through a fine Boulter, that you may save the quantity of the Egg so searced, then take a quarter of an ounce of Dittany roots, as much Tormentil, of *Nuces Vomicæ* one dram, let them be dried by the fire, as aforesaid, then stamp these 3 last severally, very fine in a Mortar, then mix them 3 well together, after that take, as a thing most needful, the root of Angelica and Pimpernel, of each the weight of sixpence, make them to powder, and mix them with the rest, then compound therewith five or six scruples of Unicorns horn, or for want thereof Harts horn, and take as much weight as all these fine powders come to, of fine Treacle, and stamp it with the powders in a Mortar until it be well mixt, and hang to

the

the pestle, and then it is perfectly made, then put the Electuary in a stone pot, well sealed, and so it will continue 20 or 30 years, and the longer the better.

How to use this Electuary.

First when one is infected with the pestilence, let him take so soon as he can, or ever the disease infect the heart, one crown weight in Gold of this Electuary, and so much of fine Treacle, if it be for a man, but if it shall be for a woman or child take less, and let them be well mixed together, and if the disease come with cold, give him the Electuary with half a pint of white Wine warm, and well mixed together, but if it come with heat, then give it him with Plantain Water, or Well water, and Vinegar mixt together, and when he hath drunk the same, let him go to his naked bed, and put off his shirt, and cover him warm, but let his bed be well

warmed

warmed first, and a hot double sheet wrapped about him, and so let him sweat 7, 8 or 10 hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat, then heat 2 or 3 Bricks or Tiles, and wrap them in moist clothes wet with water and salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot clothes, being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shift and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keepers of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with dou-

ble

ble old cloth, wherein is Wormwood, Rue, Fetherfew, crums of ſowr Bread and Vinegar, and a little Roſe water, beat all theſe together, and put it into the muffler made new every day while you do keep him, and let the ſick party have of it bound in a cloth to ſmell on while he is in a ſwear, then after do it away, and take a new; and becauſe he ſhall be faint and diſtempered after his ſickneſs, he ſhall eat no fleſh, nor drink wine the ſpace of 9 dayes, but let him uſe theſe Conſervatives for his health, as Conſerve of Bugloſs, Borrage and red Roſes, and eſpecially he ſhall drink 3 or 4 dayes after he hath ſweat morning and evening, 3 ounces of the juice of Sorrel mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the heart, alſo if one take the quantity of a Pea of the ſaid Electuary, with ſome good Wine, it

ſhall

ſhall keep him from the infection, therefore when one is ſick in the houſe of the plague, then ſo ſoon as you can give all the whole houſhould ſome of this Receipt to drink, and his keeper alſo, and it ſhall preſerve them from the infection, yet keep the whole from the ſick as much as you can, beware of the clothes and bed that the ſick party did ſweat in.

To make Balm Water.

Take 4 gallons of ſtrong Ale and ſtale, half a pound of Liquoriſh, two pound of Balm, two ounces of Figs, half a pound of Anniſe ſeeds, 1 ounce of Nutmegs, ſhred the Balm and Figs very ſmall, and let them ſtand ſteeping 4 and 20 hours, and then put it in a ſtill as you uſe *Aqua vitæ*.

To make Doctor Stevens *Water.*

Take one gallon of good Gaſcoign Wine, of Ginger, Galingals Nutmegs, Grains, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, Sage,

Sage, Mints, red Roses, garden-Thyme, Pellitory, Rosemary, wild Thyme, Pennyroyal, Camomil, Lavender, of each 1 handful; bray your spices small, and chop the herbs before named, and put them with the spices into the Wine, and let it stand 12 hours, stirring it very often, then still it in a Limbeck closed up with coarse paste, so that no air enter, keep the first water by it self, it is good so long as it will burn.

An Ointment for any strain in the Joynts, or any Sore.

Take 3 pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand 2 or 3 hours; then take the clearest of the Butter, and put it into a Posnet, then take the tops of red Nettles as much as will be moistned with the Butter and chop them very small, and put them into the Butter, set it on the fire, and boil it softly 5 or 6 hours,

and

and when it is ſo boiled, put thereto half a pint of pure oil Olive, and then boil it very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

If you think good, inſtead of Nettles only, you may take theſe herbs, Cammomil, Roſemary, Lavender, Tunhoof, otherwiſe Alehoof, Five-finger, Vervain and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boil it in Beer until the Beer look black, and then take a good draught, and put it into a pot, then take ſix ſpoonfuls of ſallet Oil for an extream Ague, brew it to and fro in two pots, then drink it, and let the party labour at any exerciſe until he ſweat, then let him lie down upon a bed very warm, until he hath done ſweating, this do three times when the Ague cometh upon him.

A

A Powder against the wind in the Stomach.

Take Ginger, Cinnamon and Gallingal, of each 2 ounces, Anise seeds, Carraway and Fennel seeds, of each 1 ounce, long Pepper, Grains, Mace and Nutmegs, of each half an ounce, setwel half a dram, make all in powder, and put thereto 1 pound of white Sugar, and use this after your meat, or before at your pleasure; at all times it comforteth the stomach marvellously, carrieth away wind, and causeth a good digestion.

For a Pin and a Web in the Eye.

Take the white of an Egg, beat it to oil, put thereto a quarter of a spoonful of *English* Honey, half a handful of Daisie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Mortar, and put thereto 1 spoonful of Womans Milk, and let it stand infused

two

two or three hours, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For blood ſhotten, and ſore Eyes coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* 1 ounce, beat it unto fine powder, and temper it with a quart of white Wine, put thereto 1 ounce of dried Roſe leaves, and boil them all together with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth and keep it in a glaſs and uſe it evening and morning, and put it into the ſore eyes with a feather, or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſewater, and let it lie half an hour, then take it forth, and lay it on a white paper, to dry, then take it when it is dry, ſteep it and dry it again, as before, twice or thrice, and then uſe it as before.

For

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay leaves, of each one handful, one Oxe gall, 1 pint of Neats foot oil, put all these together and let them stand 2 or 3 daies, and let them boil upon a very soft fire, then put in of Deers suet a good quantity, strain them, and put them into a pot, and so annoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigness of a Walnut and of the juice of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyssop water, and Fennel water, of each half a pint, of sliced Liquorish, and sugar, of each a pretty quantity, seeth them easily over a good fire, strain it, and let them take a little hereof an ounce, and often; you may dissolve pellets therein, and you may annoint their chest with oil of Almonds, and a little Wax.

A

A Medicine for ſore Eyes.

Take red Fennel and Celendine, of each one handful, ſtamp and ſtrain them, that done take five ſpoonfuls of Honey, and white Copperas, the quantity of 1 Pea, Roſe water five ſpoonfuls, boil all theſe together in an earthen pot, Skim it well, and clarifie it with the white of an Egg, this is an excellent Medicine to clear the ſight of the Eye, if there be any thing in the Eye ſuperfluous to hinder the ſight, but if there be nothing but heat, it is nothing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage and red Sage, of each a handful, ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine as the juice thereof, and let the party drink it warm, and if it keep within him 24 hours after, he will recover; if he be bound in the body, let him take 3 ſpoon-

fuls

fuls of Syrrup of Damask Roses, and two spoonfuls of Sallet oil, and drink it fasting, and an hour after let the party take some warm broth.

For the Spleen.

Take of Lavender, Fennel, Parsley, Cammomile, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise seeds, and Fennel seeds, of each one handful, of Cummin seeds, two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these herbs in the heat of the day, and dry them in the Sun two dayes, laying them very thin on a sheet and bruise the seed grosly, and steep them in as much Sallet oil as will cover all these things, and somewhat more, and set them in the Sun ten dayes, which being done, strain your oil from your Herbs, and your spices, and then infuse once again as before with

Herbs and Spices in like manner, add to that oil this infused or strained, and bitter Almonds, and oil of Capers half a pint, then take a quarter of a spoonful of the said oil, and put in your hands, your hands being warm, rub them together, and annoint and rub the Patient grieved with both your hands, the one on the right side, the other on the left, from the loyns down to the bottom of the belly, drawing your hands as hard as you can, and make them to meet at the bottom of the belly, and continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of sheeps suet, the white of Hen dung, and fresh grease, boil all these together, strain it, and annoint the party with a feather.

For the Emroids and Piles.

Take juice of Elder, *May*-butter,

ter, and Deer-suet, melt them, letting the juice and the butter simper, and then put the suet to them; make them into Pills, and if you make a Suppository, you must put in more Deers suet.

For the Canker in the Mouth or Nose.

Take the ashes of green leaves of Holly, with half so much of the burnt powder of Allum: blow with a quil into the place grieved, and it will help man, child, or beast.

A Remedy for the Mother.

When the Fit beginneth to take them, tak the powder of white Amber, and burn it in a Chasin-dish of coals, and let them hold their mouths over it, and suck in the smoke, and annoint their nostrils with the oil of Amber, and if they be not with child, take 2 or 3 drops of the oil of Amber in white Wine warm or cold, but the oil of Amber must be taken inward but once a day, and out-

ward as often as the fit taketh them.

A Medicine for the Worms.

Take one penniworth of Alloes, with the like quantity of Ox-gall, and Mithridate, mix them together, and lay them on the Childs Navel upon a Plaister.

A Preservation against the Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little wine-vinegar and salt, put all into a sliced Fig, take it up fasting, and then you may drink a little wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes-succatrina half an ounce, of Myrrh, and *English* Saffron, of each a quarter of an ounce, beat them into small powder, with Malmsey, or a little Sack, or Dioscoridon, make two or three small pills thereof, and take them fasting.

A

A Poultess to break a Plague-sore.

Take a white Lilly-root, and seeth it in a penniworth of Linseed, and a pretty quantity of Barrows grease, beat the Linseed first very soft, afterwards beat all together in a Mortar, make thereof a Plaister.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, 2 ounces of the kernels of Walnuts, 2 or 3 Figs, 1 dram of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernel Water, make up all these together in a mass or lump, and keep it in a glass or pot for your use, take the quantity of 12 grains fasting in the morning, and it will not only preserve from the pestilence, but expel it from the infected.

Against a Tertian Ague.

Take Dandillion clean washed, stamp it, & put it in Beer, and let it stand all night in the Beer, in the

morning ſtrain it, and put half a ſpoonful of Treacle into it, make it luke warm, and let the patient drink of it faſting upon his well day, and walk upon it as long as he is able, this hath been approved good for an Ague that cometh every ſecond day.

Againſt the wind.

Take Cummin ſeed, and ſteep them in a Sack 24 hours, dry them by the fire, and hull them, then take Fennel ſeed, Carraway ſeed, and Anniſe ſeed, beat all theſe together, and take every morning half a ſpoonful in broth or Beer faſting.

Another.

Take Enula Campana, grate it, and drink half a ſpoonful faſting.

For the ſting of an Adder.

Take a head of Garlick, and bruiſe it with ſome Rue, add ſome Honey thereto, and if you will, ſome Treacle, and apply it to the place.

For

For the biting of a Dog.

Take Ragwort, chop it, and boil it with unwasht butter to an Ointment.

A Medicine for a woman that hath a dead Child, or for the after-birth after deliverance.

Take Date-stones, dry them, and beat them to powder; then take Cummin seed, Grains, and *English* Saffron, make them in powder, and put them all together in like quantity, saving less of the Saffron than of the rest, then search them very finely, and when need is to drink it, take a spoonful at once, with a little Malmsie, and drink it Milk-warm, it is good to bring forth a dead Child, or for the after birth, or if the woman have any rising in her stomach, or flushing in her face during her childbirth, the Date-stones with round holes in the side, are the best; if you put a quantity of white Amber beaten amongst the powder, it will be better.

To make the best Paracelsus *Salve.*

Take of Litharge, of Gold and Silver, of each 3 ounces, and put to it 1 pound and half of good Sallet oil, and as much of Linseed oil, put it in a large earthen vessel well leaded, of the fashion of a milk bowl, or a great Bason, set it over a gentle fire, and keep it stirring till it begin to boil, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual stirring, and let it boil 2 hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skillet, and put into it a pound of yellow Wax, as much black Rosin, half a pound of Gum-sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Aristolochias* round, and long, of every of these in fine powder searced, one ounce, of *Mammir* one

ounce

ounce and a half, of oil of Bayes, half a pound, of oil of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them to the former Plaister, set it over a gentle fire; and keep it with stirring till it boil a little. Then take your five Gums, Popanax, Galbanum, Sapagenum, Ammoniacum, and Bdellium, of each of these three ounces, which must be dissolved in white Wine Vinegar, and strained, and the Vinegar exasperated from them before you go about the Plaister, let there be 3 ounces of each of them when they are thus prepared, then when the Plaister hath gently boiled about half the bigness of a Nutm g at a time, continuing that order until all the Gums be in and dissolved, then set it over the fire again, and let it boil a very little, but before it boil, be sure that the Gums be all dissolved, for else it will run into

lumps and knots, after it hath boiled a little, take it from the fire again, and continue the stirring of it very carefully, and put it to these things following, being in a readiness, take of both the Corals red and white, of Mother of Pearl, of Dragons Blood, of *Terra Lemnia*, of white Vitriol, of each of them 1 ounce, of *Lapis hæmatitis*, and of the Loadstone, of each of them one ounce and a half, of the flowers of Antimony two drams, of *Crocus Martis* two drams, of Camphire one ounce, of common Turpentine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and fully searced, then put them all together among the former things, and again set it over the fire with a moderate heat and gentle, to boil till it be in the form of a plaister, which you may know by dropping it on a cold piece of wood, or stone, or iron,

iron, you must also remember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you rowl it on, be annointed with the oil of Saint *Johns* wort, and of each Worms and Juniper, Cammomil, and Roses together, wrap it in Parchment or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oil of Juniper, mix them together with the Gum-sandrach, and put them in towards the latter end.

An Oitment for any strain in the Joynts, or for any Sore.

Take 3 pound of fresh Butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand 2 or 3 hours, then take the cleerest of the Butter, and put into a Posnet, then take the tops of red Nettles, and chop them very small, and put so many Nettles to the

the Butter as will be moistned with the Butter and so set it on the fire, and boil it softly 5 or 6 hours, and when it is so boiled, put thereto half a pint of the best oil of Olive and then make it boil a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

Mr. Ashley's *Ointment.*

Take six pound of *May* Butter unsalted, 1 quart of Sallet oil, four pound of Barrows grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense; to this rare take these Herbs following, of each a handful, *videlicet*, Smallage, Balm, Lorage, red Sage, Lavender, Lavender cotten, Herb-grace, Parsley, Comfrey, called Bonset, Sorrel, Laurel leaves, Beech leaves, Lungwort, Marjorum, Rosemary, Mallows, Camomile, Saint *Johns* wort, Plantain, Alheal, Chickweed, *English* Tobacco,

co, or else Henbane, Grunsel, Woundwort, Bettony, Egrimony, *Cardus Benedictus*, wild Wine, or white Wine, called Brian, Adders Tongue, Mellilot, drink all these Herbs clean, wash them, strain them clean from the water, all these must be gathered after the Sun rise, then stamp all these Herbs in a stone or wooden Mortar so small as possible may be, then take your Rosin and beat it to powder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs grease and oil, and when all is melted, put in your Herbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and 2 ounces of Verdigrease very finely beaten to powder, and when you put in your Turpentine and Verdigrease,

stir

stir it well, or else it will run over, and so stir it until it leave boiling: then put it in an earthen pot, stopping the pot very close with a cloth and a board on the top, and set it in a dunghil of horse muck 21 dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over; then strain all through a course cloth into an earthen or Gally pot, and when all is strained, put to it half a pound of oil of Spike, and cover the pot close until you use it, and when you use it, make it warm in winter, and use it cold in summer.

An approved Medicine for any Ach in the Joynts whatsoever.

Take half a pound of Rosin, half a pound of Frankincense, Olibanum and Mastick, of each one ounce, Wax, Deers suet, Turpentine, of each 2 ounces, Camphire 2 drams, beat the Olibanum, Mastick, Rosin and Frankincense, and Cam-

Camphire into powder, then put it in a brass Pan with a pottle of white Wine, and put in the Wax & Deer suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it stand and cool until the next day, then work it with your hand to work out the wine, annointing your hands first with oil, then make it up in rowls, then as need will serve, take thereof and spread it with a warm knife upon the fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off until it fall off of it self, pricking the plaister full of holes.

A Searcloth to be used against Carbuncles, red Sores, Biles Swellings, or any hot causes.

Take a wine pint of pure Sallet-oil, and put into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and

and when it beginneth to boil, ſtir it with a Haſel ſtick of one years ſhooting, then put into it 2 ounces of *Venice* Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead; letting it boil very ſoftly, ſtirring it continually with this Hazel ſtick for the ſpace of 2 or 3 hours, you ſhall know when it is boiled by this; drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boil again a little, then let your clothes be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle, to ſtrip the clothes through, then lay them abroad until they be cold upon a board, then rowl them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lie 12 hours,

hours, then take it off and wipe it, and lay the other side, and let that lie as long.

A Plague Water to be taken three times, for the first helpeth not.

Take a Gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of these Herbs following, Rose-water a quarter of a pint, Rue, Sage, Vervin, Egrimony, Bettony, Celendine, Carduus, Angelica, Pimpernel, Scabious, Valerian, Wormwood, Dragons, Mugwort, all these Herbs must you shred in gross together, and steep in the aforesaid liquor, the night before you distil it in a Rose-water still, and then keep the first water by it self, being the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues and Plagues, being thus taken, 7 spoonfuls or thereabout of the strongest blood warm, and give it to the party to drink in an Ague or Fever; an hour

hour before the fit come, and so to sweat, either by exercise, or in your bed, but your stomach must be empty, and if it be taken for the Plague, then put it into a little Diascordium or Mithridate.

A Defensive Plaister.

Take the white of an Egg, and *Bole Armoniack*, spread in on leather.

A Syrrup for a Cold.

Take Colts foot Water, Hyssop water and Honey, put Liquorish, Annise seeds and Elecampane, put thereto the juice of Fennel, and boil them.

To stay the bleeding of a wound.

Take Charcoal red hot out of the fire, and beat it to powder.

A Poultess.

Take Milk, Oatmeal, and red Rose leaves and a little Deers suet.

For the Running of the Reins.

Take Cups of Acrons, and grate them; and grate some Nutmeg: put this in Beer, and drink it.

For

For a Poultess.

Take Linseed and beat it to powder, boil it in Milk with Mallows and Sheeps suet.

For a Blast.

Take a good quantity of Vervin, and boil it in Milk, and wash the blast therewith very well, then bind the herb very close to it some few hours, after wash it again, the Milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boil them in Boars grease as much as will cover them, and for want thereof, so much *May* butter, and when they be boiled together, let them stand 2 or 3 dayes, and then boil it a little, and so strain it through a cloth.

A Balsamum.

Take in the latter end of *September* good store of Honey suckle berries, and put them in a body of a glass Still stopped, and set it in hot horse dung 8 dayes, distil it in Balneo, then when you have drawn the water forth, pour the water into the stuff again, stop it close, and put it into the dung 24 hours, then set it in ashes, and distil both water and oil with a great fire, as much as will come forth, and at last separate the water from the oil in Balneo.

To make an excellent oil of Hypericon.

Take flowers, leaves and seed of Hypericon as much as you list, beat them together, and infuse them in white Wine, that they may be covered therewith, and set them in the Sun for ten daies, then put thereto so much oil-Olive as all the rest do weigh, and let it stand ten daies more in the Sun, but look that you weigh the

the Oil to know how much it is, then put thereto for every pound of Oil two ounces of Turpentine, and 1 dram of Saffron, and of Nutmegs, and Cloves of each half an ounce, of Myrrh and Rosin of each 1 ounce, and of the root of Briony 2 ounces, put them all in a Vessel of glass, and mix them well together, and set them in a Vessel of hot water, and then set thereto a head of glass, and Receiver well shut, and boil it so long until no more will distil from it, which will be about 24 hours, then take it out and strain it whilst it is hot, and keep it in a Vessel of Glass, and when you first use it, heat it well, and apply it upon a wound without using any tent at all, this is excellent for a green wound, especially if there be veins, sinews, or bones offended or cut, it keepeth wounds from putrefaction, it cleanseth them and easeth pain, and doth incarnate and skin them, it helpeth

helpeth bruiſes, pains, aches, or ſwelling in any part, and is wonderful good againſt venom or poyſon.

For the Falling ſickneſs.

Take the roots of ſingle Pionie, grate them, drink them, and wear ſome of them about your neck.

For the kibed Heels.

Take a Turnip, make a hole in the top of it, take out ſome of the pith, infuſe into that hole oil of Roſes, then ſtop cloſe the hole, roaſt the Turnip under the embers; when it is ſoft apply it plaiſterwiſe warm to the kibe, binde it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Saltpeter, boil it in a Goldſmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or 6 penni-weight of Roch-allum, and a quarter of an ounce of Brimſtone, break them

and

and put them in the Saltpeter by little at once as it boileth, and let it burn till the flame go out of it self, then pour it in a brass Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold down the eye-lids till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all sores and blood-shed, it also helpeth the Toothach, being put into the hollow Tooth, with a little lint, if the Tooth be not hollow, rub it outward: Finally, it helpeth a stinking breath, being eaten in the morning fasting.

For a Scald-head.

Take a handful of Grovers shreds, and a handful of Dock-roots, the pith taken out, and boil them in strong Ale until they be reasonable thick, and annoint the head therewith.

For

For a Bloody Flux.

Take Rubarb and roast it, then grind it to powder, and take as much as will lie upon a sixpence, and keep warm that day, the next day eat conserve of Roses, mixed with Coral, and drink that day if you will, posset Ale made of Camomile.

For the Itch.

Take a pound of Butter unwashed and unsalted, 3 good handfuls of red Sage, and as much Brimstone beaten into powder, as a Walnut, boil these well together, and strain it, and put in half an ounce of Ginger beaten small.

For sore Eyes.

Take new Hens-dung out of the nest, and put it into an Oven almost cold, let it lie there all night, and take the white of it, and beat it being dried, and take as much of the powder of Ginger finely beaten, and put to that half in like quantity of Sugar candy, all which must

all which must be beaten very well and searced, then put it into the sore eyes every night, and in the morning, and wash it out with water.

A water for sore Eyes.

Take a pint of fair running water, of wild Daises, and 3 leaved grass, of each a good handful, wash the herbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water, and when it is boiling then taste of the water, and when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it and drop a little every night into the eyes.

An approved application against any Surfeit.

Take the bottom of a Muncorn-

louf, cut it about an inch thick, and as broad as the palm of your hand, toaſt it very well, then take of Sallade oil and Claret-wine of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it, when the toaſt is well ſoaked, ſtrew the powder of Cloves and Mace hereupon thick, then apply it to the ſtomach of the Patient as warm as he can endure it, it will purge upwards and downwards as often as you apply a freſh toaſt made as aforeſaid, that may be applied ſo often as any one findeth their ſtomach ill at eaſe, although then it will not purge, except in caſe of ſurfeit.

A Medicine againſt the Plague.

Take of the root called Set-well the quantity of half a Walnut, and grate it, of Treacle green, one good ſpoonful, of fair water 3 ſpoonfuls, make all theſe more than lukewarm; and ſo drink them

off

off in bed, and sweat six or seven hours, and in your sweat drink small Posset Ale made of small drink as you need, but not till an hour and half after the taking of the Potion, and it will bring forth the Plague sore. If you cast the Medicine, you may take it the second, third, or fourth time, by the whole, half, or less measure as your stomach will bear it; if any do take it and thereupon happen presently amendment, or a rising or sore, you may think it to be the sickness, for the nature of the Medicine is to prevent the Plague, and in others to expell the Sore, if it be not taken too late, in which case the stomach will not brook it easily, and after two or 3 times taking, if you minister it to any, let it be at their first sickness, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March* and ſtill it in a Glaſs-ſtill, it is a good medicine to ſtop blood, and for the heat and redneſs of the face, and good to cure green wounds.

For the Tooth-Ach.

Take Spearmint, and ground-Ivy, of each a handful, and a good ſpoonful of Bay-ſalt, ſtamp all theſe very well together, and boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil all together until they come to a quarter of a pint, then ſtrain it, and put it into a glaſs, and ſtop it very cloſe, when your teeth do ake, take a ſpoonful of it blood warm, and hold it in your mouth on that ſide the pain is.

To make the Teeth ſtand faſt.

Take Roots of Vervain in cold wine, and waſh the Teeth therewith.

For

For the painfull Cough.

Take white Hore-hound, stamp it, wring out the juice, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick seed, and roast it in the fire, and take away the peelings and eat the rest with Honey, or else take Sage, Rue, Cummin, and powder of Pepper, and seeth all these together in honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

For a man that hath no taste in Meat or Drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and seeth it till it come to a quart, and then take out the herbs, and put in a good quantity of white Sugar, till you think it be somewhat pleasant, and then put it into a Vessel wherein it may cool, and then take 20 or 30 Almonds, blanch

them and beat them in a mortar, and when the water is cold put it to the Almonds, and ſtrain it through a clean Cipris bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe Apaticum*, and *Aloe Succatrine*, fine Cinnamon and Myrrh, of each of them 3 drams, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a dram, let all theſe things be well ſtamped in a Mortar, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning 2 penny weight, in half a glaſs full of white Wine, with a little water, and drink it in the morning at the dawning of the day, and ſo may you by the grace of God, go ſafely into all infection of the air and Plague.

For

For a Tetter or Ring-worm.

Take Mercury a quarter of an ounce, Camphire 1 penny weight make them into powder, and rub them in a fair Porrenger, then take and mix them with the water of the Wine 4 or 5 ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Mortar, with a ſpoonful of water of the wine, putting a little and a little till you have ſpent the quantity of a pint, then put to it half an ounce of the Milk of Cokernut, ſo mix them well together with your Receipt, and ſtrain them as you make Almond Milk through a fair cloth, then keep it in a glaſs for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of ſyrrup of Roſes, 1 ounce of Sene, one penny-

worth of Annise seeds, one stick of Liquorish, one pint of Posset-water, seeth them all together till it seeth to half a pint, then strain them forth, then boil the two ounces of syrrup of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into small powder, searce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight mingle them together in clean clarified Capons grease, and temper them well together, until they be well mollified, and then put in them a little Camphire to the quantity of a bean, and so put the whole confection in a glass

For a young Child to make Water.

Boil Organy in fair water, and lay it warm to the childs Navel.

A Medicine for the falling of the uvula into the throat.

Take a red Colwort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot Embers or Ashes, then take the leaf out, and lay it hot on the crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicine for the heat of the soles of the feet, that cometh by them or blood.

Take a quantity of Snails of the Garden and boil them in stale Urine, then let the Patient bathe and set his feet therein, and using that often, he shall be cured.

Gascon's *own Powder.*

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts horn, and white Amber, of each one ounce, beat them into fine powder, and seat or them, then take so much of the black toes of the Crabs claws as of all the rest of

the powders, for that is the chief worker, beat them, and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you do of all the rest of the five powders, and mingle them well together, and make them up in balls with jelly of Harts horn, whereinto put or infuse a small quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The dose is 10 or 12 grains in Dragon-water, Carduus water, or some other cordial water.

The Apothecaries in their composition of it, use to put in a dram of good Oriental Bezar to the other powders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gascon*, and

and that the Bezar, Musk, and Ambergriece, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The Apothecaries Gascon *Powder, with the use.*

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce; of black thighs of Crabs calcined, two ounces, to every ounce of this powder put in a dram of Oriental Bezar; reduce them all into very fine powder, and search them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a paste, and make therewith Lozenges or Trochisces for your use.

You must get your Crabs for this powder about *May*, or in *September* before they shall be boiled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their

Their dose is ten or twelve grains, as before prescribed in the former page.

The Powder prescribed by the Doctors in their last London *Dispensatory* 1650. *called the Powder of Crabs claws.*

Take the prepared Pearls, eyes or stones of Crabs, of red Coral, or white Amber, of Harts-horn, of Oriental Bezar stone, of each half an ounce, of the power of the black tops of the Crabs claws to the weight of all the former; make them all into powder, according to Art, and with jelly made with the skin or casting of our Vipers, make it up into small Tablets, or Trochisces which you must warily dry, as before prescribed, and reserve for your use.

The Countess of Kents *Powder, good against all malignant and Pestilent Diseases, French Pox, Small-Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against Melancholy decoction of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack, or Harts-horn Jelly to a man, and half as much, or twelve grains to a child.*

Take of the Magistery of Pearls, of Crabs eyes prepared, of white Amber prepared, Harts-horn, Magistery of white Coral: of *Lapis Contra Yarlam*, of each a like quantity, to these powders infused, put of the black tops of the great claws of Crabs, the full weight of the rest, beat these all into very fine power, and searce them through a fine Lawn searce, to every ounce of this powder add a dram of true Oriental Bezar, make all these up into a lump, or mass, with the jelly of Harts-

Harts-horn, and colour it with Saffron, putting thereto a ſcruple of Amber-greece, and a little Musk alſo finely powdered, and dry them (made up into ſmall Trochiſces) neither by fire, nor Sun, but by a dry air, and you may give to a man twenty grains of it, and to a child twelve grains.

The Virtue of a Root called Contra Yerva, *being made into a fine Powder.*

1. It withſtands the Plague being taken in Treacle-water.

2. It is good in all Peſtilent diſeaſes, taken in poſſet drink with Saffron.

3. It is good againſt a Fever, taken in *Carduus* water.

4. It is a great Antidote againſt all Poyſons taken in Sallet oil.

5. It doth cure the biting of a mad Dog, drunk in Roſe Vinegar, and then drink nothing elſe but ſpring water during the cure.

6. It

6. It causeth a speedy delivery, given in Balm-water, Bettony water, or in burnt wine.

7. It doth take away the after-throws, given in the same liquors.

8. It is a good Cordial in all fits of the Mother given in Rue-water.

9. It is very soveraign in swouning fits, given in Sack, or Borrage water.

10. It is very powerful to withstand all melancholy, given in Sack.

11. It doth help Convulsions in Children given in spring water.

12. It helpeth the Worms given in Goats milk.

13. It is good for short breath, given in Rue-water.

14. It helpeth the Head-pain, given in Rue-water, or Rosemary-water.

15. It helpeth the yellow Jaundise, given in Celendine water.

16. It is very powerful in the Palsie, given in Sage-water.

17. It

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reins, given in Rhenish wine.

19. It causeth a good and quiet sleep taken in white wine.

20. It is a great preserver of Health, and means of long life, taken sometimes in Mede.

21. It may be used as a Treacle or Bezar against Surfeits.

22. It is a general good upon all occasions, and may be given at all times, when you do not know what the disease is; in any of the aforesaid liquors.

The Dose for a man or woman is from one scruple to two scruples, and to a boy or girle twelve or fourteen grains in convenient liquors.

THE

THE EPISTLE.

Friend,

BEing given to understand, that you were Reprinting the Countess of Kents Manual; *I thought good to communicate unto you, for the more accomplishment of your next Impression, the Virtues of some select Cordial Spirits, of very great use in weak and sickly Persons, which were first composed by Sir* Walter Rawleigh, *during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their several occasions and necessities, and were imparted to me by Captain* Samuel King, *who lived long time with him in the Tower, and in his Expeditions; this* King *being my loving*

ving friend, and School-fellow both in Canterbury *and* Weſtminſter *Schools. I have alſo inſerted hereunto certain Experiments of* Gaſcons *powder, or the Counteſſes, for their operations are much of the ſame nature, which have many times with very happy ſucceſs been tried, upon ſeveral perſons by my ſelf and divers others by my directions, aſſuring my ſelf it will be of very great uſe and benefit to ſuch perſons as ſhall have need of ſuch helps and comforts, and ſo I reſt,*

Your Friend

W. J.

The Virtues of Aqua Bezar.

IT is good against contagious diseases, as Plague, Purples, spotted Fevers, small-Pox, and Measels.

The order to take it, is with *Cardus Benedictus*, or Angelica in posset Ale, and so sweat moderately upon the taking of it. It is good against Surfeits, and easeth the stomach oppress with wind, crude flegm, and superfluities, and helpeth digestion.

The dose is from two to three spoonfuls at one time

The Virtues of Spirit of Clary.

It is good to restore one in any weakness, chiefly of the back: It preserveth against the Consumption and Phthisick; it comforteth the heart, and increaseth radical moisture. It also strengtheneth Child bearing women after their delivery.

The

The dose is one or two spoonfuls morning and evening.

The Vertue of Aqua Mariæ.

It is good for all Infirmities of the Spleen and to open the obstructions thereof, it comforteth the vital parts, and is good against all passions of the heart; it preserveth the meat in the stomach from putrefaction; it helpeth digestion, and expelleth wind.

The dose is one spoonful at one time.

The Vertues of Flowers of Rosemary.

It is good against all infirmities of the stomach, and to suppress all offensive fumes rising up from thence to the head, keeping them down, and helpeth memory; it openeth all stoppings of the Liver and Milt, it preserveth *Vertigo*, *Scotomia*, Palfies, Apoplexies, diseases of that kind arising from cold Humours, it breaketh wind, and easeth the Cholick.

The dose is one spoonful at one time.

The

The Vertues of Spirit of Mint.

It is good for the stomach, and strengthens the retentive faculty, good against vomiting, and all passions of the heart, it comforteth the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for all Melancholy.

The dose is from one to two spoonfuls.

The Vertues of Aqua Theriacalis.

It is good against all Diseases of the Spleen whatsoever, It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

The dose is one spoonful to prevent, and 3 to the infected, who ought to sweat after taking it.

The Vertues of Spirits of Saffron.

It is good to comfort the vital Spirits, passions, trembling, and pensiveness of the heart, and helpeth all malignity oppressing it,

The dose is one or two spoonfuls morning and evening.

The Vertue of Aqua Mariæ.

It is good for all Infirmities of the Spleen and to open the obstructions thereof, it comforteth the vital parts, and is good against all passions of the heart; it preserveth the meat in the stomach from putrefaction; it helpeth digestion, and expelleth wind.

The dose is one spoonful at one time.

The Vertues of Flowers of Rosemary.

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it, and expelleth wind, ſuppreſſeth rheums which ariſe from the Spleen, and go up to the head, and openeth the obſtructions of it: it is excellent againſt all melancholy, and very good for women in Travail, ſo it comforteth and haſteneth delivery.

The doſe is morning and evening one ſpoonful, for three daies together.

Vertues of Spirit of Roſes.

It is good to open the obſtruction of the Lungs, and preventeth Conſumptions and other infirmities of that nature; it preſerveth from putrefaction, and keepeth the breath from being corrupted.

The doſe is a ſpoonful at noon, at four in the afternoon, and as much at bed time.

The Vertue of the Spirit of Diaſatyrion.

The Spirit made of *Diaſatyrion magis gratum*, preſcribed in the laſt

last *London* Dispensatory, comforteth and much restoreth decayed nature, strengtheneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonful at a time; that is, in the morning fasting, at four in the afternoon, and last at bedward, with this caution, that the weak parties abstain from venereal acts till after their first sleep.

The dose is one spoonful at one time.

The Vertues of the Spirit of Strawberries.

It is excellent good to purifie and cleanse the blood; it preserveth from, and also cureth the yellow Jaundies, and deoppilateth the obstruction of the Spleen; it keepeth the body in a sweet temperateness, and refresheth the spirits.

The dose is a spoonful at a time, when need requireth any of those helps for the aforesaid diseases.

Spirits

Spirits of Confection of Alkermes its Vertues.

It is an excellent comforter of the Spirits vital, natural, and animal; in weak and delicate persons, and against all trembling pensiveness, and sudden qualms of the heart.

The Dose is one spoonful at one time.

The Vertues of Spirit of Comfrey.

It hath all the virtues which Spirit of Clary hath, only it is of greater efficacy in inward hurts, bruises and ruptures.

The Dose is one spoonful at one time.

Extract of Ambergrice.

Take a dram of Ambergrice, grind it very small on a Painters stone, then put it in a Mortar-head, then take of the best Spirit of Wine, either Canary or Maliga-Sack, half a pound, of Spirit of Clary two ounces,

ounces, mingle them well together; and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo about 8 hours, shaking it together 3 or 4 times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed spirit, digested as before in a gentle heat by Balneo, then put it forth to the first extracted, and add half as much more Spirits the third time, and digest it again, and then have you extracted all the special part of the Amber, and leave nothing but a black dead earth of no value.

Then take a pint of the spirit of what Herb you will use, and dissolve therein 1 pound of pure white sugar candy, or at the least 12 ounces, very finely powdered and searced through a fine Searcer, for the speedier resolution thereof. It is best to dissolve it cold; this resolution must be twice fil-

tered through a thin cap paper to make it very perfectly clear; then take 3 parts of this dulcified Spirit, to one of your Extracts of Amber drawn with spirit of Wine, then shake them well together, and let them stand in a squ re glass very close stopped, until it shall be perfectly clear, 1 dram of this Extraction of Amber will serve to dulcifie and make fit 2 quarts of spirits of Mints or Clary, or the like, and give it a most excellent taste and efficacious vertues.

Several Experiments made of the Countess of Kents, *or of* Gascons *Powder, by a Professor of Physick.*

A Child aged about 5 years, troubled much with flegm, and drawing on (as the Parents conceived) to his end, with 10 grains of this powder exhibited in a specifical vehicle to the proportion of 1 spoonful, about 7 of the clock

at night, with the like Dose exhibited the next morning, was within 3 dayes space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with 12 grains of this Powder exhibited in a spoonful of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about 5 years being suddenly taken so ill, that the Parents feared the life of their Child, with ten grains of this Powder exhibited in a spoonful of Cordial spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within 2 or 3 hours somewhat chearful: and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with sudden qualms

about his ſtomach and heart, with ten grains of this Powder exhibited in a ſpoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

4. A Child about three years old, being troubled with grievous torments and gripings in the belly, with wind, with 9 grains of this Powder, exhibited with ten drops of ſpecial Oyl againſt the Chollick in a ſpoonful of ſtomach Water, was eaſed in few hours.

5. A Child about 7 years old, being troubled with Convulſion-Fits, with ten grains of this powder, mixed with ſpirit of Caſtor, in a few ſpoonfuls of black Cherry water, annointing the two neck veins near the ears, with a few drops of oil of Amber and Cloves, was ſuddenly recovered of his Fit.

7. A

7. A Gentlewoman near forty years old, being oppressed with crude and flatuous humours, so that her friends thought her departing, was with twelve grains of this powder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial water, being had to bed, within three dayes recovered, and followed her Domestick business.

8. A Youth about twenty years old, much oppressed with wind and crudities of the stomach, with 12 grains of this powder, exhibited in 2 drops of specifical Cholick oil, as in the fifth experiment, with a Cordial water was speedily recovered.

9. A young Maid about eighteen years old, troubled with fits of the Mother, and Convulsive fits, with twelve grains of this powder given her in a few spoonfuls of Piony water, gathered and distilled in due season, with

a drop of oil of Cinnamon, and two of Amber mingled together being held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were set in her head, and small appearance of life, but that only her feet were warm, was discovered in her.)

10 A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomach, with sixteen grains of *Gascon* powder, and with 3 drops of oil of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis* being well shaken and mingled together, being exhibited at two several times, that is at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night, and shortly recovered.

11. A young Woman aged about four and twenty, not without some suspicion of the Plague; having a rumor long while arising on her groin, with 3 several Doses of *Gascons Powder*, exhibited at 3 evenings when she disposed for rest; by 12 grains for every dose in a spoonful of Treacle water, drinking every morning a spoonful of spirit of Saffron for those 3 daies together, was perfectly recovered, and followed her domestick business.

These and many other Experiments have I with good success tried, and with Gods blessing recovered divers several Patients.

This Powder is good against small Pox, Measles, spotted or purple Fever, exhibited in specifical waters fit for their several diseases; It is good in swoonings and passions of the heart, arising from malignant vapours, or old causes, as also in the Plague or

Peſtilent Fevers; alwaies obſerving to keep the perſons upright, warm, and well covered after their taking it.

The Doſe of this powder in Children, is from eight to twelve grains, in perſons more aged, from twelve to fourteen grains, but exhibit the Doſe twice or thrice if need require. In the Plague you may uſe a greater quantity, with ſuch medicines as are preſcribed in the Child-bearers Cabinet, and it will not be amiſs to mingle it with ſome *Aqua Theriacalis*.

The Compoſition of the Oil called Oleum Magiſtrale, *ſaid to be invented by one named* Aparithus, *a* Spaniard; *being ſpecial good to cleanſe and conſolidate wounds, eſpecially in the Head.*

Take a quart of the beſt White-wine you can get; of pure Oil of

of Olives three pound, then put thereto these flowers and herbs following: of the flowers and leaves of Hypericon half a pound; of *Carduus Benedictus*, of Valerian, of the leaf Sage, of each a quarter of a pound; if it be possible, take the leaves and flowers of every one of these, then let them all steep 24 hours in the aforesaid Wine and Oil, the next day boil them in a pot well sealed, or in a copper vessel over a soft fire, until such time as the Wine be all consumed, stirring it always with a spattle: after you have thus done, take it from the fire, and strain it, and put to the straining a pound and a half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh 3 ounces, of *Sanguis Draconis* one ounce, and so let it boil till the Incense and Myrrh be

melted, then take it off, and let it ſtand untill it be cold, then put it into a glaſs bottle, and ſet it 8 or 10 dayes in the Sun, and keep it for your uſe.

This Oil, the older it is, the better it is, it muſt be applied to the Patient wounded as hot as may be endured, firſt waſhing the wound with White-wine, boiled with a handful of Incenſe to comfort, and wiping it clean with a linnen cloth before you dreſs it, which muſt be if it come by any bruiſings or bitings twice a day, that is about eight of the clock in the morning in winter, and at ſummer about nine in the morning, and about four in the afternoon, but if they be green wounds, you ſhall not need to change it again until the next day, neither need the Patient to obſerve any preciſe diet.

ADDITIONS.

A rare Searcloth, with the Vertues.

TAke of oil Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Caſtle-ſoap 4 ounces, put your oil Olive in a Pipkin, and put thereto your Oil of Baies, and your Caſtle ſoap: ſeeth theſe over a gentle fire of embers, till it be well mingled, and melted together, then ſtrew a little red Lead and White, being mingled together in powder, ſtill ſtirring it with a ſparler of Wood, and ſo ſtrew in more of your Lead by little and little till all be in, ſtirring it ſtill by the bottom to keep it from burning, for an hour and half together, then make the fire ſome-

somewhat bigger, till their redness be turned into a gray colour, but you must not leave stirring it till the matter be turned into a perfect black colour, as pitch, then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long linnen clothes, and dip them therein, and make your Sear-cloth thereof: they will keep twenty years; let your powder of your Lead be searsed very fine, and shred the soap small.

The Vertues of this Searcloth, are;

Being laid to the stomach, it doth provoke Appetite, and taketh away any pain in the stomach; being laid to the belly it is a present remedy for the Cholick; being laid to the back, it is a present Remedy for the Flux, and running of the Reins, heat of the Kidnies, and weakness of the Back; it helpeth all Swellings

and

and bruises, taketh away aches, it breaketh Fellons and other Imposthumes, and healeth them, it draweth out any running Humour, and helpeth them without breaking of the skin, and being applied to the Fundament helpeth any disease there; it helpeth all old sores, and will be made in six hours.

For a Surfeit.

Take 3 pints of Muskadine, one handful of Rue, one handful of red Sage, boil these together 3 or 4 walmes, take a quarter of an ounce of Nutmegs, half an ounce of Ginger, 2 or 3 corns of long Pepper, beat them all together, and boil them until the 3 pints come to a quart; strain it, and put in it a quarter of an ounce of Mithridate, half an ounce of *London*-Treacle, a quarter of a pint of strong Angelica water, all these being well mixed together, put them up in a Glass.

It

It is good for one that hath ſurfeited to take 3 or 4 ſpoonfuls, keeping them very warm in bed, the ſame quantity taken is good againſt the Small-pox, or Meaſles.

It is good againſt the wind, or pain in the ſtomach, taking one ſpoonful in the morning, or any Infection.

An excellent Receipt againſt a Cough of a Conſumption.

Take a quarter of a pound of the beſt Honey, a quarter of a pint of Conduit-water, boil them as long as any white ſcum ariſeth, and take it off, then take a quarter of a pound of the beſt blew Currans, put them on the fire in a pint of fair water: boil them until they be tender, then pour the water from them, and bruiſe them through a hair Sive, and put that Juice, and Honey together: add to it one ounce of the powder of Liquoriſh, one

ounce

ounce of the powder of Annise seeds; mix all these together, and put them in a Gally-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a knife morning or evening, as often as the Cough taketh them.

Lucantelion's Balsom, admirable for wounds, and many other things.

Take of Venice Turpentine a pound, oil Olive three pints, yellow Wax half a pound, of natural Balsome one ounce, Oil of St. *Johns* wort one ounce, of red Saunders powdered an ounce, six spoonfuls of Sack: cut the Wax and melt it on the fire, and then let it catch the fire, take it off, put in the Turpentine to it, having first washed the Venice Turpentine thrice with Damask Rose-water; and having mingled your Sallet oil with the Sack, put also the oil to them, and put them

them all on the fire, and stir it till it begin to boil, for if it boil much, it will run over speedily, then suffer it to cool for a night, or more, until the water and wine be sunk all to the bottom, then make some holes in the flosk, that the water may run out of it, which being done, put it over the fire again, putting to it the Balsom and the oil of St. *Johns*-wort, and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of 2 hours, till it be grown thick, then put it up, and keep it for your use as most precious, for thirty or forty years, or more.

The Vertues.

1. It is good to heal any wound inward or outward, being squirted warm into the inward wound; being applied to an outward wound with fine lint, or

Linnen,

Linnen, anointing also those parts thereabouts, it not only taketh away the pain, but also keepeth it from any inflammation, and also draweth forth all broken bones, or any other thing that might putrifie or fester it, so that the brains or inwards, as the Liver, Guts, or heart be not troubled, it will heal it in 4 or 5 dayes dressing, so that nothing be applied thereunto.

2. It also healeth any Burning and Scalding, and healeth also any bruise or cut, being first annointed with the said Oil, and a piece of linnen cloth or lint dipt in the same, being warmed and laid unto the place, it will heal it without any scar remaining.

3. It helpeth the head-ach by anointing the Temples and Nostrils therewith.

5. It is good against the Wind-Cholick, or stitch in the Side, applied thereto warm with hot clothes, morning and evening toge-

together a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beast.

6. It is good against the Plague, anointing only the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, or Ulcer, be it never so deep, in any part of the body, being applied as aforesaid is directed for a Cut.

8. It is good against Worms, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, or Measles, so as it be presently taken in warm Broth, the quantity of a quarter of an ounce 4 mornings together, and sweat upon it.

10. It likewise helpeth Digestion, anointing the Navel and Stomach therewith when the party goeth to bed, it will stanch any Blood of a green Wound,

put

put in a plaister of lint on it, and tye it very hard.

11. The quantity of a Nutmeg in Sack blood-warm, and sweat therein, it bringeth forth all manner of clotted Blood, and takes away all Aches.

12. It also healeth the rose Gout and Scurvy.

13. It helpeth all pains in Womens breasts, all chops or Wolf that cometh with a bruise.

14. It helpeth the small Pox, being anointed therewith without any Scar.

15. It helpeth all Sprains and Swellings, and indeed I cannot tell what comes amiss unto it.

A most certain and proved Medicine against all manner of Pestilence and Plague, be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole

hole in either piece, the which you shall fill with fine Treacle, and set the pieces together as they were before: after this, wrap them in a fine wet linnen cloth, putting it to roast, and covered in the embers or ashes, and when it is roasted enough, press out all the juice of it, and give the Patient a spoonful, and immediately he shall feel himself better, and shall without fail be healed.

How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs grease diligently washt, one pound, bruise the herbs, and infuse it a whole night in red Wine, and then let it boil with the Hogs grease with a gentle fire, until the wine be all consumed: then strain it, and add to the ointment the juice of Tobacco one pound, good and clear Rosin four ounces, then

then boil it again till the juice be consumed, adding towards the end, of round Birth-wort-roots in powder two ounces, new Wax four ounces, or so much as is sufficient to make it into an Ointment.

The Vertues of it are these.

It cures all Tumors, Apostumes, Wounds, Ulcers, Gun shot, Botches, Itch, stinging with Nettles, Bees, Wasps, Hornets, or Venemous Beasts, Wounds made with poysoned Arrows, all burnings and scaldings, although it be with Oil, or lightning, and that without any fear; it doth help all nasty, rotten, stinking, putrified Ulcers, although they be in the legs where the humours be ready to resort most in Fistula's; although the bone be afflicted, it will scale it without any instrument, and bring up the

the flesh from the bottom; your Face being anointed with it, it taketh away suddenly all redness, pimples, Sun-burns: A Wound dressed with this Ointment, it will never putrifie, it will cure a Wound when no tent can search it; it cures the Head-ach, the Temples being anointed therewith; the stomach being anointed with it, no infirmity will harbour there, no not Impostbumes, or Consumption of the Lungs, the belly being anointed therewith; it helpeth the Cholick, and iliack passions, the Worms (and what not) too tedious here to relate: it helpeth the Emeroids, or Piles, it is the best Ointment in the World for all sorts of Gouts whatsoever, and there can nothing come nigh unto it.

A very good Conserve for the help of a Consumption and Cough.

Take half a pound of blew Raisins,

Raisins, the blackest sort is the best, and stone them, and skin them, and two ounces of white Sugar candy, and two ounces of Oil of sweet Almonds, and bruise them well, and when they be well incorporated together, use it to eat morning, noon, and night.

A very special Drink against a Consumption.

Take of Colts-foot, Hyssop, Scabious, and Maidenhair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces, and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorish scraped and bruised, and so let it boil till one quart be boiled away, then take it off, and when it is cold, strain it into a pot, and drink

drink half a pint each morning at four of the clock, and so much after dinner, at four of the clock.

For Worms in Children.

Wormseed boiled in Beer or Ale, and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the over-flowing of the Gall. Approved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Treacle, and then stop the hole again with the said piece that is cut out of it, but mingle the Treacle with Saffron powdered; this being done, roast the Onion in hot Embers

Embers, being wrapped up in wet paper, and when it is well roasted, wring out the juice thereof hard, and give the party this drink in the morning, and sweat an hour after it, and so continue for three months together, and then let the party take a gentle purge, *& Fiat.*

An excellent Medicine for the Dropsie, made for Queen Elizabeth *by Doctor* Adrian *and Doctor* Lacy. *Proved.*

Take Polypodium, Spikenard, Squat, Ginger, Marjoram, Galingal, Setwel, *ana* a penniweight Sena leaves and cods, so much as all the rest grossly beaten; put them into a bag, and hang it in an earthen pot of two gallons of Ale, and every four dayes cover the pot with new Barm, and drink no other drink for six daies, and this shall purge all ill humours out of the body, neither will it let the blood putrifie, nor

flegm to have domination, nor Choler to burn, nor melancholy to have exaltation, it doth encreaſe Blood, and helpeth all evil, it helpeth and purgeth Rheum, it defendeth the ſtomach, it preſerveth the body, and ingendreth a good colour, comforts the ſight, and nouriſheth the mind.

For the Dropſie that ſwelleth.

Eat Water-creſſes, and Raiſins, uſe it often, and it will ſend down the Diſeaſe into the legs and feet, and when it is there, take the green bark of Elder in the Winter, and the crops in ſummer, and boil them well in fair water and Oatmeal, to a Poultis, and apply it to the grief, and this will heal it.

The Celestial Water the best in the world for the Eyes.

Aqua Celidonia,
Aqua Euphrasia,
Aqua Fenicula, } Of each a quarter of a pint.

Lapis Calaminaris,
Lapis Tutia, } Of each a dram.

An Excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red Wine one pint, twenty four yolks of new laid Eggs, beat them very well together, then add so much white bread as will drink up the Wine, and put to it some Cowslip-flowers, and distil them, and take a spoonful first and last in broth made of a Chicken or Mutton, and in one month it will cure any Consumption.

For to stay vomiting presently.

Take a little Maſtick, and put it upon a hot coal, and ſet a Funnel over it, and receive the fume into your mouth, and let it go into your ſtomach, *Et fiat.*

Doctor Turnables *green Balſom.*

Take in the month of *May*, Roſemary-tops, Wormwood, Balm and Rue, *ana* two ounces, red Sage and Bay-buds, *ana* four ounces, Sheeps ſuet twelve ounces, beat all theſe very well together in a ſtone Mortar, till it be all as a Salve, then put it into a clean Pipkin well ſtopt, and ſet it for eight daies in a cold place, then put it all in a clean braſs Chafer, and add to it a pound of ſweet Sallet Oil, and as many of the ſaid Herbs as aforeſaid well bruiſed, and let them boil over a ſoft fire very ſoftly, the ſpace of an hour, and ſtir them all the time with a wooden Spatula, then take them from the fire, and preſently

ſently put into it an ounce of Spike Oil, and ſtir them together, then with a ſpoon take off the oily ſubſtance from the Herbs, and then ſtrain it into a Gally-pot and keep it very cloſe ſtopt, and ſet it in a cool place, it will keep good two or three years.

The Vertues are theſe.

The virtue of the ſaid Balm is in all perfection good to cure all that is here under-written, and the ſaid oil is good to cure any wounds either inward or outward, proved. Being inward ſquirted into the ſaid wounds warm; and outward, being applied with fine lint or linnen, and anointing all the parts thereabouts.

1. It doth not only take away the pain, but it doth alſo keep it from inflammation, and draweth forth alſo all broken bones, or any thing elſe that may putrifie or feſter, if the Brains, Heart,

Guts, Liver be not touched, it will heal in four or five times dreſſing, if no other thing be applied thereunto.

2. It healeth any burning or ſcalding by fire or water, or by any other means, it healeth any.

A moſt excellent Powder, much uſed by a Perſon of Quality, lately deceaſed, with the Vertues.

Take Pearl Magiſtrale prepared, Coral red and white, prepared Amber, prepared Harts-horn, of each half an ounce, *Contra Yerva* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be ſodden, they muſt be taken in *June* or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white ſugar candy powdered, and mingle with the ſugar candy, Ambergriece, Musk Citron-ſeed skinned, *ana* ten grains; beat the ſeeds, Sugar-candy

candy and Ambergriece by themselves, very fine in a stone mortar, all the rest must be passed through a fine Searce: then make a strong gelly of Harts-horn being boiled with white-wine, and infuse therein Saffron powdered, two drams, and with this Jelly perfume the powder, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept the better.

The Vertue of this powder is most excellent.

1. For to bring out the Small-Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague, take ten grains in Dragon-water each three hours, for nine hours, and sweat and keep your self warm.

3. For a Hectick, take for nineteen dayes together, six

grains every morning in Borrage water.

4. For a Consumption, in Agrimony-water, take six grains for 14 dayes together.

5. For the Cough of the Lungs, six grains, in half Bettony, and half Hyssop-water, for fourteen daies.

6. For an Ague or Fever, for three daies, every third day take seven grains every three hours, for nine hours, in Carduus-water.

7. For poison twelve grains boiled in a little Milk.

8. For a Woman that is sick after Labour, take seven grains every three hours, for nine hours in Agrimony water.

9. There is no Unicorns horn comparable to it in contagious times: it is good to take five grains every morning in a little Sack.

10. For the passion of the heart,

heart, and Convulsion fits, seven grains in Borrage-water, and it is a great preserver of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen or twenty grains at once for a full Dose.

11. And if it be a great Fever, Small-Pox, Plague, Poyson, or for a Woman in Labour, put into every Dose three grains of Bezoar-Oriental.

How to strengthen the Back, and to make one lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox back, but take the pith out from the skin, then take four or five stalks of Artichoaks, and take the pith out of them, but first cut the stalks into pieces so long as your finger, and then parboil them well, and then put

it to the other things, and boil it gently to a Jelly, and when you have done ſo, let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, ſo much as you ſhall think fitting, and if you would have it pleaſant, make it ſweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme, and ſtop it in Wine-Vinegar one night or more, then take of this three ſpoonfuls blood-warm, after that you have eaten, at morning, noon and night.

How to help a ſtinking Breath that cometh from the Stomach.

Take two handfuls of Cummin ſeeds, and beat them to powder, and

and seeth it in a pottle of white Wine until half be boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or sixteen daies it will help.

For the Sciatica or the Gout, my Lord of Sussex *Medicine, called*
Flesh-Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins-Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of sheeps tallow, or of Harts-tallow two ounces, of Camphire three drams, and of Turpentine three ounces.

The way to make it.

First, Beat all your Gums aforesaid, every one by themselves, then take your Tallow and your Wax, and set them together on the fire, that done, put in your Rosin,

Roſin, then your Olibanum, and laſt of all your Maſtick: and when all is relented together over a ſoft fire of Coals, then ſtrain it through a thin Canvaſe cloath into a pottle of white Wine, and then let them all boil together again until half the Wine be waſted and ſod away, then take it from the fire, and let it cool, then afterward when it is almoſt cold, anoint your hands with the oil of ſweet Almonds, and work it up in rowls like wax rowls, and in the time of the working thereof, caſt in your Camphire, beaten in fine powder by it ſelf alone: this obſerved, that before you put in your Camphire into the Mortar for to be beaten into powder, you muſt alwaies beat in the ſame Mortar two or three Almonds, for elſe your Camphire will not be made into powder.

The

The ordering of the same Medicine.

First, You must spread it upon a fine linnen cloth, plaisterwise, and so lay it upon every joynt where the pain is, but before the laying of your Plaister, you must anoint all your Joints with the oil of Roses, and the stuff of your Plaister must be half an inch thick, and according unto the property of the same, you must let it stick and cling where you lay it, for the space of 9 or 10 daies together, notwithstanding it doth put you to some pain or itch in the mean time, yet you must in any wise let it lie on still, for it will both draw out the sinews by little small pimples, and also heal it again, and this one plaister must serve during all the time of your disease without any manner of renewing. *Prob.* of witness by my Lord of *Suffolk*.

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True Gentlewomans

DELIGHT.

Wherein is contain'd all manner of COOKERY.

Together with *Preſerving*, *Conſerving*, *Drying*, and *Candying*.

Very neceſſary for all Ladies and Gentlewomen.

Publiſhed by *W. G.* Gent.

LONDON,

Printed for *Henry Mortlock*, at the Phœnix in St. *Paul's* Church yard, 1682.

DELIGHT.

To the Vertuous and Most Hopeful Gentlewoman, Mrs. Anne Pile, *Eldest Daughter of the Honourable Sir* Francis Pile *Baronet, Deceased.*

Most Accomplisht Lady,

THE many singular Favours which I have received, not only from your worthy self, but also from your thrice noble progenitors, justly oblige me by all the duties of gratitude, to tender a just acknowledgement: I wish the same heart, that for many and just causes truly honours, you, had any present worthy your acceptance. Now shall it be your singular goodness to patronage this small Treatise, which (if I mistake not) carries with it two parts, Delight, and

and Utility. I doubt not then, but that it will find a general acceptance among all those who are any way the least lovers of such pleasing and all-delightful studies. I intend not to paraphrase upon its worth, its use, and singular profit, which abundantly speaks it second unto none that hath been published of the like nature: so hoping you will accordingly esteem of it. I beg pardon for my boldness, and rest ever,

A true and faithful

Honourer of Your

transparent Virtues,

W. J.

To the READER.

Friendly Reader,

HEre thou haſt a ſmall Treatiſe, entituled A True Gentlewomans Delight, preſented to thy view; be ſo courteous as to read before thou cenſure it. If then the effect be anſwerable to its name, I ſhall be right glad: If here be any Error, it will be no error, but a ſingular token of thy exemplar humanity to paſs it by, and ſign it with thy pardon, for which I engage my ſelf,

Thine on the
like occaſion,

W. L.

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A TRUE GENTLEWOMANS DELIGHT.

To make an excellent Jelly.

TAke three gallons of fair water, boil in it a knuckle of veal, and two Calves feet slit in two, with all the fat clear taken from between the claws, so let them boil to a very tender jelly, keeping it clean scummed, and the edges of the pot always wiped with a clean cloth, that none of the scum may boil in; then strain it from the meat and let it stand all night, the next morning take away the top, and the bottom, and take to every quart of this jelly, half a pint of Sherry-Sack, half an ounce of Cinnamon, and as much sugar as will season

seafon it, fix whites of Eggs very well beaten, mingle all these together, then boil it half an hour, and let it run through your jelly bag.

To make a Cryſtal Jelly.

Take two Calves feet, ſlice them and lay them in fair ſpring water with a knuckle of veal, ſhift it in half a dozen waters, take out the fat betwixt the claws, but do not break the bones, for if you do, the marrow of the bones will ſtrain the jelly, when they are ſoft, and pickt very clean, boil them very tender in ſpring water; when they be boiled tender, take them up, and uſe them at your pleaſure to eat, let the broth ſtand in an earthen Pot or Pipkin, till it be cold, then take away the bottom and the top, and put the clear into a fair Pipkin, put into it half a pound of fair Sugar-candy, or other Sugar, three drops of Oyl of Nutmeg,

meg, 3 drops of Oil of Mace, and a grain of Musk, and so let it boil leisurely a quarter of an hour, then let it run through a jelly-bag into a Gally-pot, when it is cold you may serve it in little carel ſs lumps being taken out with a childs ſpoon, and this is the beſt way to make your Cryſtal-jelly.

To make Apple-Cream at any time.

Take twelve Pippins, pare and ſlit them, then put them in a Skillet, and ſome Claret-wine, and a race of Ginger ſhred thin, and a little Lemon-pill cut ſmall, and a little Sugar. Let all theſe ſtand together till they be ſoft, then take them off and put them in a Diſh till they be cold, then take a quart of Cream, boil it with a little Nutmeg a while, then put in as much of the Apple ſtuff, to make it of what thickneſs you pleaſe, and ſo ſerve it up.

To make a Trifle Cream.

Take ſome Cream and boil it with a cut Nutmeg, add Lemon-pill a little, then take it off, cool it a little, and ſeaſon it with a little Roſe-water and Sugar to your taſte: let this be put in the thing you ſerve it in, then put in a little Runnet to make it come, then it is fit to eat.

To make Clouted Cream.

Take 3 gallons of new Milk, ſet it on the fire till it boileth, make a hole in the middle of the ſcum of the Milk, then take a pottle or 3 pints of very good Cream, put it into the hole you made in the middle of the Milk, as it boileth, and let it boil together half an hour, then put it into 3 or 4 Milk-pans, ſo let it ſtand two days, if the weather be not too hot, then take it up in clouts with a ſcummer, or a ſlice, and put it in that which you will ſerve it in, if you like it ſeaſoned, you

may

may put ſome Roſe-water between every clout as you lay one upon another with your ſlice in the Diſh you mean to ſerve it in.

To make Quince Cream.

Take the Quinces, and put them into boiling water unpared, then let them boil very faſt uncovered that they may not colour, and when they are very tender, take them off and peel them, and beat the pap very ſmall with Sugar, and then take raw Cream, and mix with it, till it be of fit thickneſs to eat like a Cream, but if you boil the Cream with a ſtick of Cinnamon, I think it the better, it muſt ſtand till it be cold before you put it to the Quinces.

To make a freſh Cheeſe.

Take a pint of freſh Cream, ſet it on the fire, then take the white of ſix Eggs, beat them very well, and wring in the juice of a good Lemon to the whites, when the Cream ſeeths up, put in the whites,

whites, and ſtir it about till it be turned, and then take it off, and put it into the Cheeſe-cloth, and let the whey be drawn from it, then take the curd, and pound it in a ſtone-Mortar with a little Roſe-water and Sugar, and put it in an earthen Cullender, and ſo let it ſtand till you ſend it to the Table, then put it into a diſh, put a little ſweet Cream to it, and ſo ſerve it in.

To make a Codling Cream.

After your Codlings be throughly cooled and yielded, put them into a ſilver diſh, and fill the diſh almoſt half with Roſe-water, and half a pound of Sugar, boil all theſe liquors together until half be conſumed, and keep it ſtirring till it be ready, then fill up your diſh with ſweet Cream, and ſtir it till it be well mingled, and when it hath boiled round about the diſh, take it up, ſweeten it with Sugar, and ſerve it cold.

How

How to make a Goosberry Fool.

Take your Goosberrys and pick them, and put them into clean water, and boil them till they be all as thick that you cannot discern what it is, to the value of a quart, take six yolks of Eggs well beaten with Rose-water, and before you put in your Eggs, season it well with Sugar then strain your Eggs and let them boil a little while, then take it up, put it in a broad dish, and let it stand till it be cold, thus it must be eaten.

How to make a white Fool.

Take a quart of Cream, and set it over the fire, and boil it with whole Cinamon, and sliced Nutmeg, and Sugar, then when it is almost ready, take the white of six Eggs well beaten with Rose-water, and scum off the froth from them, and put it into the Cream, and boil it together a pretty while, then season it, and take the whole spice out of it, and put it up in a broad

broad diſh, and when it is cold, then it muſt be eaten.

To make a Goosberry Cuſtard.

Take as many Goosberries as you pleaſe, boil them till they be ſoft, then take them out, and let them ſtand and cool, and then drain them, draw them with your hand through a Canvaſe ſtrainer, then put in a little Roſe-water, Sugar, and three whites, and ſtir them all together, put them in a Skillet, and ſtir them a pace, elſe they will burn, let them ſtand and cool a little while; take them off, and put them in a glaſs.

To make a Fool.

Take two quarts of Cream, ſet it over the fire, and let it boil, then take the yolks of 12 Eggs, and beat them well with 3 or 4 ſpoonfuls of cold Cream; before you put the Eggs into the hot Cream, take 3 or 4 ſpoonfuls of the Cream out of the Skillet, and put into the Eggs, and ſtir it together, and then

ſtrain

ſtrain the Eggs into the Skillet of hot Cream, ſtirring it all the time to keep it from burning; then ſet it on the fire, and let it boil a little while, but keep it ſtill ſtirring for fear of burning, then take it off and let it ſtand and cool, then take 2 or 3 ſpoonfuls of Sack, and put it in the diſh, and ſome 4 or 5 ſippets, and put them in the diſh, ſet the diſh and ſippets a drying, and when they be dry, that they hang to the diſh, ſweeten the Cream, and pour it in the diſh ſoftly, becauſe the ſippets ſhall not riſe up, this will make three diſhes: when it is cold, it is fit to be eaten.

To make Cheeſe-Cakes.

For the cruſt, take half a pint of flower, and 4 ſpoonfuls of cold water, and 3 parts of a quarter of a pound of Butter, beat and knead theſe together, and put the paſte aſunder ſeveral times, then roul it ſquare, and turn it over, then take a pint of Cream, and 7 Eggs,

and a quarter of a pound of Sugar, and a quarter of a pound of Currans plumpt before you put them in, and a whole Nutmeg grated on a knife, and some Pepper beaten, but not too much, it must be gently boiled and stirred as you do butter'd Eggs, the stuff must be cold, and then put in the Coffin, and so bake it.

To make a Sack-Posset.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them in the Cream, and boil Amber and Musk therein, then take a pint of Sack in a Bason, and set it on a Chafing-dish till it be blood-warm, then take the yolks of 12 Eggs, with 4 whites, and beat them very well together, and so put the Eggs into the Sack, and make it good and hot, let the Cream cool a little before you put it into the Sack, then stir all together over the coals, till it be as thick as you would

would have it, if you take ſome Amber and Muſk, and grind it ſmall with Sugar, and ſtrew it on the top of the poſſet, it will give it a moſt delicate and pleaſant taſt.

To make Leach.

Make your jelly for your Leach with Calves-feet, as you do your ordinary jelly, but a little ſtiffer, and when it is cold take off the top and bottom, and ſet it over the fire with ſome Cinamon and Sugar, then take your Turnſels, being well ſteept in Sack, and cruſh it and ſo ſtrain it in your Leach, and let it boil to ſuch a thickneſs, that when it is cold you may ſlice it.

To make yellow Leach.

Your yellow Leach is juſt the ſame, but inſtead of Turnſels, you muſt colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it muſt not boil in it.

To make a ſlipcoat-Cheeſe.

Take five quarts of new Milk

from the Cow, and 1 quart of water and 1 spoonful of Runnet, and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the vate, and take up your curd as fast as you can, without breaking, and put it to your Vate, and let the whey soak out it self, when you have taken it all up, lay a cloth on the top of it and 1 pound weight for 1 hour, then lay 2 pound weight for an hour more, then turn him, when he hath stood 2 hours, lay three pound on him for an hour more, then take him out of the Vate, and let him lie 2 or 3 hours, and then salt him on both sides, when he is salt enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheese will come to his eating in 8 or 9 days.

To make Cheese-Loaves.

Take the curds of a tender, new-

Milk

milk Cheese, and let them be well pressed from the Whey, and then break them as small as you can possible, then take crumbs of Manchet and yolks of Eggs, with half the whites and some sweet Cream, and a little fine flower, mingle all these together and make a paste of it, but not too stiff, then make them into little Loaves, and bake them, when they be baked, cut off the tops, and butter them, with Sugar, Nutmeg and melted Butter, and put it in with a spoon, and stir it altogether, then lay on all the tops, and sear them with scraped Sugar.

How to make a very good Tansie.

Take 15 Eggs, & 6 of the whites, beat them very well; then put in some Sugar, and a little Sack, beat them again, and put about a pint or a little more of Cream, then beat them again, then put in the juice of Spinage or of Primrose-leaves to make it green, then put in some more Sugar, if it be not

ſweet enough, then beat it again a little, and ſo let it ſtand till you fry it, when the firſt courſe is in, then fry it with a little ſweet Butter, it muſt be ſtirred and fryed very tender, when it is fryed enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart ſtuff.

To a dozen pound of Prunes take half a dozen of Maligo-Raiſins, waſh and pick them clean, and put them into a pot of water, ſet them over the fire till all theſe are like pulp, and ſtir them often leſt they burn to, then take them off, and let them be rubbed through a hair Sive hard with your hands, by little and little, till all be through, then ſeaſon them to your taſte with ſearced Ginger.

To make yellow Tart ſtuff.

Take 24 Eggs, & beat them with ſalt together, and put into it a quart of

of ſeething Milk, ſtirring it until it caudles, then take it off, and put it into a napkin, hanging it up till all the whey be run through, when it is cold take it and grind it in a ſtone-Mortar with Sack and Sugar to your taſte, and otherwiſe to make it look white, leave the yolks, and inſtead of Sack put in Roſe-water.

To make a made Diſh.

Take a quarter of a pound of Almonds, beat them ſmall, and in the beating of them put in a little Roſe-water to keep them from Oiling, ſtrain them into Cream, then take Artichoak bottoms, and Marrow, and boil the redneſs of the Marrow out, then take a quart of Cream, and boil it with Dates, Roſe-water and Sugar, and when it is boiled to a convenient thickneſs, take it off, and take your Artichoakes and pare off the leaves and lay them into a diſh, and ſome Marrow upon them, then pour ſome

Cream upon them, then ſet it on coals till you ſerve it in.

A Sauce for a Shoulder of Mutton.

Take a few Oyſters, and ſome ſweet herbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt and a large Mace, a little Lemon pilled, and a little Sugar, a little leaker poſſet, if you have no Oyſters take Capers in the room of them, and ſome gravy of the Mutton.

To fry Apple Pies.

Take Apples and pare them, and chop them very ſmall, beat in a little Cinnamon, a little Ginger, ſome Sugar and a little Roſe-water, take your paſte, roul it thin, and make them up as big paſties as you pleaſe, to hold a ſpoonful or a little leſs of your Apples, and ſo fry them with butter not too haſty, leſt they be burned.

To make Curd Cakes.

Take a pint of Curd, four Eggs, take out 2 of the whites, put in ſome

ſome Sugar, a little Nutmeg, and a little flower, ſtir them well together, and drop them in, and fry them with a little butter.

To make Furmenty.

Take a quart of ſweet Cream, 2 or 3 ſprigs of Mace, and a Nutmeg cut in half, put it into your Cream, ſo let it boil, then take your *French*-Barley or Rice, being firſt waſhed clean in fair water three times and picked clean, then boil it in ſweet Milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, take the yolks of 6 or ſeven Eggs, beat them very well, to thicken on a ſoft fire, boil it, and ſtir it, for it will quickly burn, when you think it is boiled enough ſweeten it to your taſte, and ſo ſerve it in with Roſe-water and Muske-ſugar, in the ſame manner you make it with Wheat.

To make an Artichoak Pye.

Take the bottom of ſix Artichoaks, being boiled very tender, put them in a diſh, and put ſome Vinegar over them, ſeaſon them with Ginger, and Sugar, and a little Mace whole, putting them into a Pye, and when you lay them in, lay ſome Marrow and Dates ſliced in, and a few Raiſins of the Sun in the bottom, with good ſtore of Butter, ſo cloſe the Pie, when it is half baked take a diſh of Sack, being boiled firſt with Sugar, and a Pill of Orange, put it into your Pie, and ſet it in the Oven again till you uſe it.

To make a Chicken Pie.

Make your paſte with good ſtore of Butter and yolks of Eggs and Sugar, then take ſix ſmall Chickens, taking out the breaſt-bone, and truſſing them round, take 2 Nutmegs and a good quantity of Cinamon, & cut it in little pieces, take 2 yolks of Eggs, and beat them with ſix ſpoon-

ſpoonfuls of Verjuice, then take your juice and Verjuice, and a little ſalt, ſtir them well together, take a good deal of Butter, and wet it in the Verjuice, and put it in the bellies of the Chickens, ſo lay them in the Pie with Butter under them, then take half a pound of Currans waſhed and dried, ſo lay them on the top of the Chickens, with a piece of Marrow, Barberries, Grapes, and good ſtore of Butter and Sugar, as will ſeaſon it, a little before you draw out your Pie, put in Verjuice and Sugar, boiled together.

To bake Beef like red Deer.

Take a pound of Beef and ſlice it thin, and half a pint of good wine Vinegar, ſome 3 Cloves, and Mace above an ounce, 3 Nutmegs, pound them all together; Pepper and Salt, according to your diſcretion, and a little Sugar, mix theſe together, take a pound and a half of Suet, ſhred and beat it ſmall in a Mortar, then

then lay a row of Suet, a row of Beef, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rouling pin, then press it a day before you put it in your paste.

To roast a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roasted save the gravy, and cut a good deal of the inside of it, and mince it gross, and boil it in a dish with the gravy, and Thyme, Clarret-wine, and sliced Nutmeg, and when your shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with Oisters.

When you open the Oysters, save the liquor, then season them with Pepper, and a little Cloves, and Mace, and herbs finely chopped, &

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the yolks of 2 or 3 Eggs chopped ſmall and ſome Currans parboiled a little, then ſtuff your Shoulder of Mutton thick with your Oyſters, then ſeaſon it and lay it to the fire and roaſt it, then take the reſt of your Oyſters, and boil them with a little white Wine, and ſome Butter, this is ſauce for your ſhoulder of Mutton, when your Oyſters are opened, you may parboil them in their own liquor, then take them out and ſeaſon them.

To make Angellets.

Take a quart of new Milk and a pint of Cream, and put them together with a little Runnet, when it is come well take it up with a ſpoon, and put it into the Vate ſoftly and let it ſtand 2 dayes till it is pretty ſtiff, then ſlip it out and ſalt it a little at both ends, and when you think it is ſalt enough, ſet it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To

To make black Puddings.

Take your blood when it is warm, put in some salt, and when it is throughly cold, put in your groats well pickt, and let it stand soaking a night, put in the herbs which must be Rosemary, large Savory, Penniryal, Thyme, and Fennel, then make it soft with putting of good Cream hot until the blood look pale; then beat 4 or 5 Eggs, whites and all, and mingle it, then season it with Cloves, Mace, Pepper, Fennelseeds, then put good store of Beef-suet in your stuff, and mince your fat not too small.

To make white Puddings.

After the Humbles be very tender boiled, take some of the lights with the hearts, and all the flesh and fat about them, picking from them all the sinews and skin, then chop the meat small as can be, then put to it a little of the Liver very finely searced, some grated

grated bread ſearced, four or five yolks of Eggs, a pint of very good Cream, a ſpoonful or two of Sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Carraway-ſeeds, a little Roſe-water mingled with a good deal of ſwines fat, a little ſalt, roul it in rouls two hours before you go about it, let the fat ſide of the skin be turned and ſteeped in Roſe-water till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanched, and beat them very ſmall with a little Roſe-water, boil good Milk with a flake of Mace, and a little ſliced Nutmeg; when it is boiled, take it clean from the ſpice, then take the quantity of a penny loaf, grate it, and ſearce it through a Cullender, and then put it into the Milk, and let it ſtand till it be pretty cool, then put in the Almonds, and 5 or 6 yolks of Eggs, and a little Salt and Sugar, what you

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think fit, and good ſtore of Beef-ſuet, and marrow very finely ſhred.

To make a Pudding to bake.

Take a penny loaf, pare it, ſlice it in a quart of Cream, with a little Roſe-water, and break it very ſmall; take 3 ounces of *Jordan* Almonds blanch'd, and beaten ſmall with a little Sugar, put in ſome 8 Eggs beaten, a Marrow-bone, and 2 or 3 Pippins ſliced thin, or any way, mingle theſe together, and put in a little Ambergriece, if you pleaſe.

To make a boiled Pudding.

Take a pint of Cream, or Milk, boil it with a ſtick of Cinnamon a little while, and take it off, and let it ſtand till it be cold, put in 6 Eggs, take out 3 whites, beat your Eggs a little before you put them into the Milk, then ſtir them together, then take a penny Roul, and ſlice it very thin, and let it lie and ſoak, and then bray it very ſmall, then put in ſome Sugar, and butter your cloth before you put it in, it will

take

take but a little while ſeething, and when you take it up, melt a little freſh Butter, and a little Sack and Sugar, beat all theſe together and put it into the diſh with your Pudding to be ſerved in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it 8 Eggs, with four whites beaten, and Almonds blanch'd a pound, and ſtrained in with the Cream, a little Roſe-water, and ſugar, and a ſpoonful of flower ſearced very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it, boil it where Mutton is boiled, or in the Beef-pot; remember to take out the whole ſpice out of the Cream when it is boiled; the ſauce for this Pudding is a little Sack, Sugar, and a pretty piece of butter; you muſt blanch

ſome

ſome Almonds, when they are blanched, cut every Almond in 3 or 4 pieces the long way, and ſtick them up an end upon the Pudding very thick.

To make a White-pot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Roſe-water, a few Dates ſliced, a few Raiſins of the Sun, ſix or 7 Eggs, and a little large Mace, a ſliced Pippin, or Lemon, cut ſipper faſhion for your diſhes you bake in, and dip them in Sack, or Roſe-water.

To make a forced diſh of any cold Meat.

Take any cold meat and ſhred it ſmall, a little Cloves and Mace, and Nutmeg, and 2 yolks of Eggs, a ſpoonful or two of Roſe-water, a little grated bread, a little Beef-ſuet ſhred ſmall, make it up in Balls, or any faſhion you pleaſe, and boil them in tried ſuet between two earthen Diſhes, your

ſuet

ſuet muſt boil before you put in your meat, for ſauce a little Butter, Verjuice, and Sugar.

To make a forced diſh of a Leg of Mutton or Lamb.

Take a Leg of Mutton or Lamb cut out the fleſh, and take heed you break not the skin of it, then parboil it, and mince it with a little Beef ſuet, put into it a little ſweet Herbs ſhred; 3 or 4 Dates ſliced, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuice; 3 or 4 Eggs, mix them together, and put them in the skin, and ſet it in a diſh and bake it.

To boil a Calves-Head with Oyſters.

Take the head, and boil it with water and ſalt, a little white Wine, or Verjuice, and when it is almoſt enough, then cut ſome Oyſters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oyſters, then put it together, and

put

put it to the Calves-head, and the largeſt Oyſters upon it, and a ſlit Lemon, and Barberries, ſo ſerve it in.

To fry a Coaſt of Lamb.

Take a Coaſt of Lamb, and parboil it, take out all the bones as near as you can, and take 4 or 5 yolks of Eggs beaten, a little Thyme and ſweet Marjoram, and Parſly minced very ſmall, and beat it with the Eggs, and cut your Lamb into ſquare pieces, and dip them into the Eggs and Herbs, and fry them with butter, then take a little butter, white Wine and Sugar for ſauce.

To ſtew Sauſages.

Boil them in fair Water and Salt a little, for ſauce boil ſome Currans alone, when they be almoſt tender, then pour out the water, and put in a little white Wine, Butter and Sugar.

To boil Ducks.

When they be half boiled, take a quart of the liquor and ſtrain it, and

and put a quart of white Wine, and ſome whole Mace, Cloves, and Nutmegs ſliced, and Cinnamon, and a few Onions ſhred, a bundle of ſweet Herbs, a few Capers, and a little Camphire, when it is boiled, put ſome Sugar to ſeaſon it withal.

To make White-broth with a Capon.

Truſs your Capons, and boil them in fair water, and when they are half boiled, take out 3 pints of the liquor, and put it into a quart of Sack, and as much white Wine, and ſlice 2 ounces of Dates, half or quarterwiſe, as you pleaſe, a little whole Mace, Cloves and Cinnamon, a Nutmeg ſliced, of each a little quantity, boil the broth in a Pipkin by it ſelf, until the Dates begin to be tender, then put in the Marrow of two bones, and let it boil a little, not too much, then when your Capons be near ready, break twenty Eggs, ſave the yolks from the whites, and beat the yolks until

you

you may take up a ſpoonful, and it will not run beſide the ſpoon, then you muſt put a little cold broth to him, and ſo ſtrain them through a cloth, then take up ſome of the hot broth to beat your Eggs, becauſe elſe it will turn, let it have a walm or 2 after the Eggs be in, but not ſeeth too much for fear it turns, then diſh your Capons, and pour your broth on them, and garniſh your diſh as you pleaſe.

To make ſtewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and ſcum your pot clean, thicken your pot with grated bread, and put in ſome beaten ſpice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raiſins of the Sun, 2 pound of Prunes laſt of all, then when it is ſtewed, ſo ſeaſon it with a quart of Claret and a pint of Sack, and ſome Sanders to colour it,

it, and a pound of Sugar to sweeten it, or more if need be, you must seeth some whole spice to garnish your dish withal, and a few whole Prunes out of your pot.

To make Gallendine sauce for a Turkie.

Take some Caret-wine, and some grated bread and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some Sugar.

An exceeding good way to stew Chickens.

Take Chickens, fley them, and cut them in pieces crois-way, then put them in a Pipkin or Skillet, and cover them almost with Pepper, and Mace, and water, so let them stew softly with a whole Onion in it, till part of the liquor be consumed, then put in as much white Wine as will cover them again, take Parsly, sweet Marjoram, Winter-savory with a little Thyme, and shred them very small, and put them in, and let them

boil

boil till they are almoſt enough, then put in a good piece of Butter.

To boil a Leg of Mutton.

Take a Leg of Mutton, and ſtuff it, for the ſtuffing, take a little Beef ſuet, and a few ſweet herbs, chop them ſmall, and ſtuff it, then boil it, and put in a handful of ſweet herbs, cut them ſmall, mingle a hard Egg amongſt the herbs, and ſtew it upon the Mutton, melt a little Butter and Vinegar, and put into a diſh, and ſend it in.

To keep Quinces all the Year.

Firſt, you muſt core them, and take out the kernels clean, and keep the cores and kernels, and ſet over ſome water to boil them, then put them in when you ſet over the water, then let them boil till they be a little ſoft, and then take them up, and ſet them down till they be cold, then take the kernels and ſtamp them, and put them into the ſame water they were

were boiled in, and let them boil till they be thick, ſee you have as much liquor as will cover the Quinces, and if you have not enough, take of the ſmalleſt Quinces, and ſtamp them to make more liquor, and when it is boiled good and thick, you muſt ſtrain it through a coarſe cloth, and when the Quinces be cold, then put them into a pot, and the liquor alſo, and be ſure the liquor cover them, you muſt lay ſome weight upon them to keep them under, ſo cover them cloſe, let them ſtand 14 daies and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a month or ſix weeks.

To pickle Cucumbers.

Take the Cucumbers, and waſh them clean, and dry them clean in a cloth, then take ſome water,

vinegar, ſalt, Fennel-tops, and ſome Dill-tops, and a little Mace, make it faſt enough, and ſharp enough to the taſt, then boil it a while, and then take it off, and let it ſtand and be cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tye them cloſe, and within a week they will be fit to eat.

To pickle Purſlain.

Take the Purſlain, and pick it in little pieces, and put it into a pot or barrel, then take a little water, vinegar & ſalt to your taſte, it muſt be pretty ſtrong of the Vinegar and Salt, and a little Mace, and boil all theſe together, and pour this liquor in ſeething hot into the Purſlain, and when it is cold, tie it cloſe, but lay a little board on the top to keep it down, and within a week or 2 it is fit to eat.

To do Clove-Gilliflowers up for Salletting all the year.

Take as many Clove-Gilliflowers

as you pleaſe, ſlip off the leaves, then ſtrow ſome Sugar in the bottom of the Gally-pot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and ſo do till all the Gilliflowers be done, then pour ſome Claret-wine into them, as much as will cover them, then cut a piece of a thin board, and lay it on them to keep them down, then tye them cloſe and ſet them in the Sun, and let them ſtand a month, or thereabouts, but keep them from any rain or wet.

To pickle Broom-buds.

Take as many Broom-buds as you pleaſe, make linnen-bags, and put them in, and tye them cloſe, then make ſome brine with water and ſalt, and boil it a little, let it be cold, then put ſome brine in a deep earthen pot, and put the bags in it, and lay ſome weight on them, let it lye there till it look black, then ſhift it again, ſo you muſt do

as long as it looks black, you muſt boil them in a little Caldron, and put them in Vinegar a week or two, and then they will be fit to eat.

To pickle Oyſters.

Take your Oyſters, and pick them out of the ſhells, and ſave the liquor that cometh from them, then take your Oyſters one by one, and waſh them clean out of griſt, then ſtrain the liquor, and take a quantity of white Wine, and a large Mace or two, and 2 or 3 ſlices of Nutmeg, and Pepper groſly beaten, and ſalt them, boil it together, then put in your Oyſters, and boil them, then take the yolk of an Egg, and beat it well with Wine-vinegar, then take up your Oyſters, and let them cool, then put in your Egg, and let it boil, take it off, let it cool, and put it up together.

To make Grout.

Take ſome Wheat and Beans, and when you have made it into Malt,

Malt, then rittle it, take ſome water, or ſome ſmall wort, and heat it ſcalding hot, and put it into a Pail, then ſtir in the Malt, then take a piece of ſowre leaven, and ſtir it about, and cover it, and let it ſtand till it will cream, then put in ſome Orange-pills, then put it over the fire, and boil it, keeping it ſtirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces, and pare them, cut them into water into little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces, take 5 quarters of a pound of Sugar, and half a quarter, then put it into the Skillet, and put as much water, as will make it pretty thin, then ſet it on the fire, and clarifie it with the white of an Egg, and ſcum it off clear, then put in your Quinces, and let it boil a pretty ſpace, and cover it cloſe till it is pretty thick,

then leave ſtirring it till it is thick enough for Marmalet, and take it off, and put it in a glaſs, and do it with your knife in little works, when you have done let it ſtand, your Poſnet muſt boil all the while, you muſt put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then ſtrain it, and weigh it, then take of loaf-ſugar, as much as it weighs, and boil it all together to a jelly, then pour it into your Marmalet glaſs, then put it in a ſtove, and put ſome fire in every day.

To make Jelly of Pippins.

Take Pippins, pare, quarter and core them, lay them in water, and when you ſet them on the fire, ſhift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, ſet them over the fire, and make them boil as faſt as you can, when the Apples

are

are soft, and the liquor tasts strong of the Apples, then take them off and strain them through a piece of Canvase gently, take to a pound of juice a pound of Sugar, then set it on the fire, when it is melted, strain it into a Bason, and rince your skillet again, set it on the fire, and when it is boiled up, then scum it, and make it boil as fast as you can, and when it is almost boiled, put in the juice of 3 Lemons strained through a cloth, if you will have Orange-pill, pare it thin, that the white be not seen, and then lay it in the water all night, then boil them in the water till the pill be soft, then cut them in long pieces, then put it into the syrrup, and stir it about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To preserve green Walnuts.

Take Walnuts, and boil them till the water do taste bitter, then

take them off and put them in cold water, and pill off the bark, and weigh as much Sugar as they weigh, and a little more water than will wet the Sugar, ſet them on the fire, and when they boil up take them off and let them ſtand 2 days and boil them again once more.

To preſerve white Quinces.

Take a pound of Quinces, boil them with the skin on, but core and pare them, take a quarter of a pound of Sugar, with water no more than will wet the Sugar, put the Quinces into it preſently, boil them as faſt as may be, and skin them, when the Syrrup is thick, take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and 2 ſpoonfuls of water, and put them on the fire and ſtir them as you did the former.

To preſerve Rasberries.

Take as many as you pleaſe, a lay

lay of Sugar, and a lay of Rasberries, and ſo lay them into the Skillet, and as much water as you think will make Syrrup enough, and boil them, and put two ſpoonfuls of water in, beſcum it, take it off, and let it ſtand.

To preſerve Currans.

Part them in the tops, lay a lane of Currans, and a lane of ſugar, and ſo boil them as faſt as you do Rasberries, do not put in the ſpoon, but ſcum them, boil them till the ſirrup be pretty thick, then take them off, and let them ſtand till they be cold, and put them into a glaſs.

To preſerve Medlars.

Take the juſt weight of ſugar as they weigh, to a pound of ſugar put a pint and half of water, ſcald them as long as the skin will come off, ſtone them at the head, put the water to the Sugar, and boil it, and ſtrain it, put in the Medlars, boil them apace, let

them ſtand till they be thick, then take them off.

To preſerve Goosberrits.

Take the faireſt Goosberries you can get, with the ſtalks on, prick 3 or 4 holes in every one of them, then take the weight of them in Sugar, lay the beſt part of the Sugar in the bottom of a ſilver or pewter diſh, then lay your Gooſberries one by one upon it, ſtrew ſome of the reſt of the ſugar upon them, and put 2 ſpoonfuls of the water into half a pound, then ſet the Gooſ-berries on a Chafing-diſh of coals, and let them ſtand uncovered, ſcalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too faſt, when they be enough, put them up, you muſt put the reſt of the ſugar on them as they boil, and that will harden them, and keep them from breaking.

To make Goosberry Cakes.

Pick as many Goosberries as you pleaſe, and put them into an earthen pitcher, and ſet it in a kettle of water, till they be ſoft, and then put them into a ſive, and let them ſtand till all the juice be out, and weigh the juice, and as much ſugar as ſyrrup, firſt boil the ſugar to a Candy, and take it off, and put in the juice, and ſet it on again till it be hot, and take it off, and ſet them in preſs till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black-thorn, then take Goosberries, and cut them a little a croſs, take out the ſtones, put them upon the pricks, weigh as much ſugar as they weigh, and take a quart or a pint of water, and put into the ſugar, and let it boil a while, then put in the Hops, let them ſtand and ſcald 2 hours upon the coals till they be ſoft; then take out the hops, and boil

boil the ſyrrup a while, then take it off, and put in the Hops.

To preſerve Apricocks.

Firſt, ſtone them and weigh them, and take as much Sugar as Apricocks, put in a Baſon, ſome in the bottom, and ſome on the top, let them ſtand all night, ſet them on the fire till they be ſcalding hot, then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you pleaſe, and pare them, put as much Sugar as they weigh, take no more water than will melt the Sugar, then boil the Sugar and it together, till they be pretty ſtiff, then take them off, and put them in Saucers.

To make Mackerooms.

Take half a pound of Almonds, put them in water, ſtamp them ſmall, put in ſome Roſe-water, a good ſpoonful of flower, 4 Eggs, half a pound of Sugar; in the beating of the Eggs, put in the Almonds;

monds; heat the Oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thin

How to preserve white Damsons Green.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please, take as much Sugar as they weigh, strew a little in the bottom, put 2 or 3 spoonfuls of water, then put in the Damsons and the Sugar, and boil them, take them off, then let them stand a day or two, then boil them again, take them off, and let them stand till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you please, and as much Sugar as they weigh; first, wet the Sugar with some juice of Mulberries, stir your Sugar together, then put in you

your Mulberries, then boil them apace till you think they are boiled enough, then take them off, and boil the ſyrrup a while, and put in the Mulberries, let them ſtand till they be cold.

To preſerve Pippins white.

Take ſome Pippins, and pare them and cut them the croſs way, and weigh them, add to a pound of Sugar a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the core, take them off and put them up.

To make white Cheeſe Cakes.

Scald Quinces, & let them ſtand till they be cold, but not ſeethed till they be tender enough, then take them off and pare them, then ſcrape off the ſofteſt, and do it through a five, and then weigh as much Sugar as it doth weigh, and beat it, and ſift it into the Quinces, and ſtir it all together, and ſet it on

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the coals. and ſtir it about, but let it not boil at all, but let it ſtand and cool till it be pretty thick, then take it off, & put it in glaſs ſaucers.

To preſerve Grapes.

Stamp and ſtrain them let it ſettle a while before you wet a pound of Sugar or Grapes with the juice, ſtone the Grapes, ſave the liquor, in the ſtoning, take off the ſtalks, give them a boiling, take them off, and pur them up.

To preſerve Damſons.

Take as many as you pleaſe, and weigh as much Sugar as they weigh, and ſtrew ſome on the bottom, and ſome on the top, and you may wet the Sugar with ſome ſyrrup of Damſons, and a little water, then ſet them on the fire, and let them ſtand and ſoak ſoftly about an hour, then take them off and let them ſtand a day or two then boil them till you think they be enough, take them off, and put them up.

To make Cakes of Lemons, or Violets.

Take of the fineſt double refined Sugar, beaten very fine, and ſearced through fine Tiffany, and to half a ſilver Porringer of Sugar, put to it two ſpoonfuls of water, and boil it till it be almoſt Sugar again, then grate of the hardeſt rinded Lemon, then ſtir it into your Sugar, put it into your coffins or paper, and when they be cold, take them off.

How to preſerve Quinces red.

Take your Quinces, and weigh them to a pound, put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it ſtand, your Quinces muſt be ſcalded till they be tender, take them off, pare them, & core them, but not too much, then put them into the Skillet where the Sugar is, then ſet them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and ſtop it cloſe.

To make Bisket-Bread.

Take a pound and a half of white loaf Sugar, and ſo much flower, as much Anniſe-ſeeds, Coriander-ſeed, and Carraway-ſeed as you pleaſe, and 12 Eggs, 3 whites left out, take the Sugar, and ſift it fine, and the flower alſo, and beat your Eggs a little, and mingle them well together with four ſpoonfuls of Damask-Roſe water, beat them well together, and put in two ſpoonfuls more, and beat it again about an hour and a half in all, then butter plate-Trenchers, and fit them with ſtuff, ſcrape ſome Sugar on them, and blow it off again, heat your Oven hot enough to bake a pye, and let the lid ſtand up a little while to draw down the heat from the top, then take the lid down again, and let it ſtand till it be cold, that you may ſuffer your hand in the bottom, then ſet in the plates, and ſet up the lid again until they riſe, then take

take them out, and looſe them from the plates, and ſcrape the bottoms, and let them ſtand four hours, then they be fit to eat.

How to preſerve Grapes to look clear and green.

Take a pound of Grapes with no ſtalks on them, when they do begin to be ripe, then weigh as much double refined Sugar, beaten ſmall, then take the Grapes that are weighed, ſtone them at the place where the ſtalks are, pull off the skin, and ſtrew ſome Sugar in the bottom of the thing you do them in, and ſo lay them in the Sugar you did weigh, till you have ſtoned and pilled them, and ſo ſtrew the Sugar upon them, and ſet them on the fire, and let them boil as faſt as can be, till the ſyrrup be pretty thick, then take them off, and put them up until they be cold.

How to candy Apricocks.

Take your Apricocks, the faireſt,

eſt, and ſcald them, and pill them, between two cloths cruſh the water ſoftly out of them, as dry as you can without too much flatting them, then take of ſearced Sugar almoſt as much as they weigh, and boil it all together to a candy height; then take it off the fire, and lay the Apricocks in it one by one, with a feather anoint them over, then ſet them on a Chafing-diſh of coals, and let them be thorough ſod, but not boil, then take them off the fire, and ſet it on the Stove or Oven blood-warm, and twice a day ſet them on the fire, and turn them once at every heating, anoint them with a feather, and the ſame ſyrrup every time you take them off the fire, this do till you ſee the ſyrrup begin to ſpattle, and be full of eyes, then take them out of the ſyrrup, and lay them on glaſs-plates, and dry them in a Stove or oven, turning them a day or two till

till they be dry: white Pear-plumbs may be done thus.

How to make Paſte of Goosberries, or Barberries, or Engliſh Currans.

Take any of theſe tender fruits, and boil them ſoftly on a Chafing-diſh of coals, then ſtrain them with the pap of a roaſted Apple, then take as much Sugar as it weighs, and boil it to a candy height, with as much Roſe water as will melt the Sugar, then put in the pap of your fruit into the hot Sugar, and let it boil leiſurely, till you ſee it reaſonable ſtiff, almoſt as thick as for Marmalet: then faſhion it on a ſheet of glaſs, and ſo put it into the Oven upon 2 billets, that the glaſs may not touch the bottom of the Oven, for if it do, it will make the paſte rough, and ſo let it dry leiſurely, and when it is dry you may box it up, and keep it all the year.

How to make Paſte of Oranges and Lemons.

Take your Oranges and Lemons and

and ſet on the fire 2 veſſels of fair water at once, boil them, and then ſhift the water 7 times, that the bitterneſs may be taken from them, ſlit them through the midſt, and take out the Kernels, and wring out all the water from them, then beat them in an Alabaſter Mortar, with the paps of 3 or 4 Pippins, then ſtrain it through a fine ſtrainer, then take as much Sugar as that pap doth weigh, being boiled to a candy height, with as much Roſe-water as will melt the Sugar, then put the pap of your Oranges and Lemons into the hot Sugar, and ſo let it boil leiſurely with ſtirring, and when you ſee it ſtiff as for Manchet, then faſhion it on a ſheet of glaſs, and ſo ſet it in a Stove or Oven, and when it is throughly dry, box it up for all the year.

How to make Paſte-Royal in Sauces.

Take Sugar, the quantity of four ounces,

ounces, very finely beaten and fearced, and put it into an ounce of Cinnamon and Ginger, and a grain of Musk, and ſo beat it into paſte with a little Gum-dragon ſteeped in Roſe-water, and when you have beaten it into paſte in a ſtone Mortar, then roul it thin, and print it with your moulders, then dry it before the fire, and when it is dry, box it up and keep it all the year.

How to candy Pears, Plumbs, or Apricocks, that they ſhall look as clear as Amber.

Take your Apricocks & Plumbs, and give every one a cut to the ſtone, in the notch, and then caſt Sugar on them, and bake them in an Oven as hot as for Manchet, cloſe ſtopped, bake them in an earthen Platter, let them ſtand half an hour, then take them out of the diſh, and lay them one by one upon Glaſs plates, and ſo dry them; if you can get Glaſſes, made like Marmalet boxes to lay over them,

them, they will be the ſooner candied; this is the manner to candy any ſuch fruit.

How to make Paſte-Royal white, that you may make Court Boles, Caps, Gloves, Shooes, or any pretty thing in moulds.

Take half a pound of double refined Sugar, and beat it well, and ſearce it through a fine Lawn, then put it into a fine Alabaſter mortar, with a little Gum-dragon ſteeped in a little Roſe-water, and one grain of Muſk, ſo beat it in a Mortar till it comes to a pretty paſte, then roul it thin with a rouling-pin, and print it with your Moulders, like Gloves, Shooes, or any thing elſe, and ſome you may roul very thin with a rouling-pin, and let it dry in an aſhen diſh, otherwiſe called a Court Cup, and let it ſtand in the diſh till it be dry, and it will be like a ſaucer, you muſt dry them on a board far from the fire, but you muſt not

put

put them in an Oven, they will be dry in two or three hours, and be as white as ſnow, then you may gild box and cup.

How to make fine Diet-Bread.

Take a pound of fine Flower twice or thrice dreſt, and 1 pound & a quarter of fine Sugar finely beaten, and take ſeven new laid Eggs, and put away the yolk of 1 of them and beat them very well, and put 4 or 5 ſpoonfuls of Roſe-water amongſt them, and then put them in an Alabaſter or Marble mortar, and then put in the flower and ſugar by degrees, & beat it or pound it for the ſpace of 2 hours until it be perfectly white, and then put in an ounce of Carraway-ſeed, then butter your plates and ſawcers, and put in of every one, and ſo put them into the Oven: If you will have a glaſs and Ice on the top, you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top before you put it into the Oven.

How

How to preserve Apricocks.

Take your Apricocks and put them into a skillet of fair water and put them over the fire until they be something tender, then take them up out of the water, and take a bodkin, and thrust out the stones at the top, and then pill off their skins, and when you have done, put them into a silver dish or bason, and lay Sugar very finely beaten over and under them, and put a spoonful or 2 of water unto them, and set them over a very soft fire until they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the syrrup a little more, when they are cold, and the syrrup almost cold, put them up in a gally-pot or glass together.

How to preserve Damsons.

Take a pound or something more of pure Sugar finely beaten, and then take a pound of Damsons and cut a scotch in the side of each

of them, and put a row of Sugar on a silver dish or bason, and then lay in a row of plumbs, and then cover it with Sugar, and so lay it in till they be all in, and then take two spoonfuls of clear wheat, and make a hole in the middle of them, and set it over a soft fire, and look to it carefully for fear the Sugar should burn, and when the Sugar is all dissolved, shake them together, and stir them gently, and then set them down and cover them till they be cold; and when they be cold, set them upon the coals again, and then let them boil gently till they be ready; and when they are ready, take them down, and take them every one by its stem, and cover them with the skin as well as you can, and then put them all one by one in a dish, and if the syrup be not boiled enough, set it over, and let it boil a little longer, and when the plumbs be cold, put them in a gally-pot, or glass, and

pour

pour the ſyrrup to them, while it is a little warm, you muſt not forget to take away the skin of the plumbs as it riſeth.

How to make Pap of Barly.

Take Barley, and boil it in fair water ſoftly until it begin to break, then put that liquor out, then put as much hot liquor to it as you put forth, and ſo let it boil till it be very ſoft, then put it into a Cullender and ſtrain it, then take a handful of Almonds, and grind them very well with your Barley, and ſome of the liquor, ſo ſeaſon it with Sugar, and a little Roſe-water, a little whole Mace and Cinnamon, and boil them well together.

How to candy Oranges and Lemons.

Take the peels of your Oranges and Lemons, the white cut away, and lay them in water 5 or 6 daies, ſhifting them twice every day, then ſeeth them till they be very tender, then take them out of the water, and let them lie until

they be cold, then cut them in ſmall pieces ſquare, the bigneſs of a penny or leſs, then take to every 3, 2 ounces of Sugar, put to it a quantity of fair water, and a leſs quantity of Roſe-water, and make a ſyrrup thereof, then ſcum it very clean, and put in your peels, and let them boil for the ſpace of an hour, or longer if you find your liquor wanting, you may put in more water at your pleaſure, then boil them a little ſpace after with a little ſharp fire, ſtirring it alwayes for burning, then take it off the fire 3 or 4 times, ſtirring them all the while, and ſet them on again until they be candied.

How to make Cakes of Almonds.

Take 1 pound and a half of fine flower, of Sugar 12 ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, and grind them fine in a mortar, then ſtrain them with as much Sack as will mingle

mingle the flower, Sugar and Almonds together, make a paſte, bake them in an Oven not too hot.

How to make white Lemon-Cakes.

Take half a dozen of white Lemons, the beſt you can get, then cut and pare them, leave none of the yellow behind, then take away the ſowre meat of it, and reſerve all the white, and lay it in water 2 dayes, then ſeeth it in fair water till it be ſoft, then take it out and ſet it by till the water be gone from it, then weigh it, and take twice the weight in Sugar, mince the white ſtuff very fine, then take an earthen Pipkin, and put therein ſome fair water, and ſome Roſe-water? if you have a pound of Sugar, you muſt have half a pint of water, of both ſorts alike, let your water and ſugar boil together, then ſcum it, and put in the ſtuff, and ſo let them boil together, alwayes ſtirring it till it be

thick, it will ſhew very thin, and when it is cold, it will be thick enough.

To make Oil of Violets.

Set the Violets in Sallet-oil, and ſtrain them, then put in other freſh Violets, and let them lie 20 dayes, then ſtrain them again and put in other freſh Violets, and let them ſtand all the year.

To preſerve Pomecitrons.

Take Pomecitrons and grate off the upper skin, then ſlightly cut them in pieces as you think good, lay them in water 24 hours, then ſet over a poſnet with fair water, and when it boils put them in, and ſo ſhift till you find the water not to be bitter; then take them up, and weigh them, and to every pound of Pomecitron put a pound and a quarter of Sugar, then take of your laſt water a pint and quarter, ſet your water and Sugar over the fire, then take two whites of Eggs, and beat them with a little fair

fair water, and when your syrrup begins to boil, cast in the same that riseth from the Eggs, and so let it boil, then let it run through a clean fine cloth, then put in a clean posnet, and when your syrrup begins to boil put in your Pome-citron and let it boil softly 3 or 4 hours until you find your sirrup thick enough; be sure you keep them always under sirrup, and never turn them, take them up and put them into your glass and when they be cold cover them.

To Candy Ringus Roots.

Take your Ringus roots, and boil them reasonable tender, then pill them and pith them, then lay them together, then take so much sugar as they weigh, and put it into a posnet with as much Rose-water as will melt it, then put in your roots, and so let it boil very softly untill the sugar be consumed into the roots, then take them, and turn them, and shake

them till the Sugar be dried up, and then lay them a drying upon a lattice of wyer, until they be cold, in like sort you may candy any other Roots, what you please.

To candy all kind of Fruitages, as Oranges, Lemons, Citrons, Lattice-stocks, Sugar-candy, such as the Comfit-makers do candy the Fruits with.

Take 1 pound of refined sugar and put it into a posnet with as much water as will wet it, and so boil it till it come to a candy height, then take all your fruit being preserved and dried, then draw them through your hot sugar, and then lay them on your hurdle, and in 1 quarter of an hour they will be finely candied.

To candy all kind of Flowers in ways of Spanish Candy.

Take double refined Sugar, put it into a posnet with as much Rose water as will melt it, and put into it the pap of half a roasted Apple,

Apple, and a grain of Musk, then let it boil till it come to a candy-heighr, then put in your flowers, being pick'd, and so let it boil; then cast them on a fine plate, and cut it in waves with your Knife, then you may spot it with gold, and keep it.

To make Essings.

Take 1 peck of Oatmeal-grout the greatest you can get, and the whitest, pick it clean from the black, and search out all the smallest, then take as much evening-milk as will cover it and something more, boil it and cool it again till it be blood-warm, then put it to the Oatmeal, and let it soak all night, the next morning strain it from your Milk as dry as you can through a cloth, then take three pints of good Cream, boil it with a Mace, and the yolks of 8 Eggs, when it is boiled put it into your stuff, then put in six Eggs more, whites and yolks; season it with a

good quantity of Cinamon, Nutmeg, and Ginger, and a leſs quantity of Cloves, and Mace, put in as much Sugar as you think will ſweeten it, have good ſtore of Suet, ſhred ſmall and forget not Salt, ſo boil them.

To make Sugar-Cakes.

Take one pound of fine flower, 1 pound of Sugar finely beaten, and mingle them well together, then take 7 or 8 yolks of Eggs, and if your flower be good take one white or two as you ſhall think good, take 2 Cloves, and a pretty piece of Cinamon, and lay it in a ſpoonful of Roſe water all night, and heat it almoſt blood-warm, temper it with the reſt of the ſtuff, when the paſte is made, make it up with as much haſt as you can, bake them in a ſoft oven.

To make a Calves foot Pye.

Take your Calves feet, boil them and blanch them, then boil them again till they be tender, then take

take out all the bones, ſeaſon it with Cloves, Mace, Ginger, and Cinnamon, as much as you ſhall think good, then put in a good quantity of Currans and Butter, bake your Pie in a ſoft Oven, and when it is baked take half a pint of white-wine Vinegar, beat 3 yolks of Eggs, and put to the coals, ſeaſon it with ſugar, and a little Roſe-water, always ſtirring it, then put it into your Pie, and let it ſtand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take ſo much Wardens in quantity pared and cored, half a pound of Raiſins of the Sun ſtoned, mince all theſe togeather, and ſeaſon it with Cinnamon and Ginger, and when the Pie is baked, put in a little Roſe-water, and ſcrape Sugar on it, if you put in Butter, then put in a handful of grated bread.

To

To make Cimbals.

Take fine flower dried, and as much Sugar as Flower, then take as much whites of Eggs as will make it paſte, and put in a little Roſe-water, then put in a quantity of Coriander-ſeed, and Anniſe ſeed, then mold it up in that faſhion you will bake it in.

How to preſerve Angelica Roots.

Take the Roots and waſh them, then ſlice them very thin, and lay them in water 3 or 4 daies, change the water every day, then put the roots into a pot of water, and ſet them in the embers all night, in the morning put away the water; then take a pound of roots, 4 pints of water, and two pound of ſugar, let it boil, and ſcum it clean, then put in the roots, it will be boiled before the ſyrrup, then take them up, and boil the ſyrrup after, they will ask you a whole days work, for they muſt boil very ſoftly, at St. *Andrew's* time

time it is the beſt time to do them in all the year.

To boil a Capon with Brewis.

Take a Capon, and truſs him to boil; then ſet on the fire a good quantity of water, ſcum it very clean before you ſet on your Capon, put a little water, Savory and Thyme into the belly of it, and a little ſalt, and groſs pepper, when you have ſcumed it clean, cover it cloſe to boil, then take a good handful of herbs, as Marigolds, Violet leaves, or any ſuch green herbs as you ſhall think fit, waſh them and ſet them on the fire with ſome of the uppermoſt of the broth that boils the Capon, then put into it good ſtore of Mace, and boil it with the Capon, when the herbs be boiled and the broth very green and almoſt conſumed away, take the uppermoſt of your Capon, and ſtrain it together, and ſcald your Brewis, and put it into a diſh, and lay the Capon on them.

To make a Spice Cake.

Take one bushel of Flower, six pound of Butter, eight pound of Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, 2 pound of Sugar, 2 ounces of Mace, 1 ounce of Nutmegs, 1 ounce of Ginger, twelve yolks, 2 whites, take the Milk and Cream, and stir it all the time that it boils, put your hot seething milk to it and melt all the Butter in it, and when it is blood warm, temper the Cake, put not your Currans in till you have made the paste, you must have some Ale-yeast, and forget not Salt.

To make Broth of a Neats-tongue.

Take Claret Wine, grated bread, Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them altogether, then take the Neats-tongue and slice it, and lay it on a dish upon sippets, and so serve it,

To sonce a Carp or Gurnet.

Take fair Water and Vinegar,

so

ſo that it may be ſharp, then take Parſly, Time, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your Fiſh, and when it is well boiled, put the broth into a veſſel and let it ſtand.

To make a fine Pudding.

Take Crums of white bread, and ſo much fine flower, then take the yolks of four Eggs, and one white, a good quantity of Sugar, take ſo much good Cream as will temper it as thick as you would make pancake-batter, then butter your pan, and bake it, ſo ſerve it caſting ſome Sugar upon it; you muſt ſhred ſuet very ſmall and put it into it.

To make a broth to drink.

Take a Chicken and a little of the neck of Mutton, and ſet them on, and ſcum it well, then put in a large mace, and ſo let it boil while the Chicken be tender, then take the Chicken out, and beat it all to

pieces

pieces in a ſtone Mortar, and put it in again, and ſo let it boil from four pints to a little more than half a pint, then caſt it through a ſtrainer, and ſeaſon it.

To boil a Chicken, or Partridge.

Take your Chicken, and ſet it a boiling with a little of the neck of Mutton, and ſcum it well, then put in a Mace, and ſo let it boil down, and when it is almoſt boiled, have ſome few herbs parboiled, as Lettice, Endive, Spinage, Marigold-leaves, for note, theſe herbs are uſually uſed to be boiled, which by courſe will hold their colour in boiling, and put ſome of theſe aforeſaid herbs to the Chicken and Mutton, if you think your broth ſtrong enough, take out your Mutton then you may put a little piece of ſweet butter, and a little Verjuice, and a very little Sugar, and Salt, ſo ſerve it in with ſippets.

A Broth to drink.

Take a Chicken, and ſet it on, and when it boils, ſcum it, then put in a Mace, and a very little Oatmeal, and ſuch herbs as the party requires, and boil it well down, and bruiſe the Chicken, and put it in again, and it is a pretty Broth; and to alter it, you may put in half a dozen Prunes, and leave out the herbs, or put them in, ſo when it is well boiled, ſtrain it, and ſeaſon it.

A Broth to eat on faſting-days.

Take fair water, and ſet it a boiling, and when it is boiled, put to it ſo much ſtrained Oatmeal as you think will thicken it, and a large Mace, a handful of Raiſins of the Sun, as many Prunes, and as many Currans, if your quantity require ſo boil it, and when it is boiled, ſeaſon it with ſalt & ſugar, and a piece of ſweet butter if the time will allow it; and for an alteration, when this broth is boil'd, put in a quantity

tity of Cream, and it will do well.

To make a Ponado.

The quantity you will make set on in a posnet of fair water, when it boils, put a mace in, and a little piece of Cinnamon, and a handful of Currans, and so much bread as you think meet, so boil it, and season it with salt, sugar, and Rose water, and so serve it.

To make a Caudle.

Take Ale the quantity that you mean to make, and set it on the fire, and when it is ready to boil, scum it very well, then cast in a large mace, and take the yolks of 2 Eggs, for 1 Mess, or one draught, and beat them well, and take away the skin of the yolks, and then put them into the Ale, when it seetheth, be sure to stir them well till it seeth again for a youngling, then let it boil a while and put in your Sugar, and if it be to eat, cut three or four toasts of bread thin, and toast them dry,

but

but not brown, and put them to the caudle, if to drink put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water 2 or 3 hours, then ſtrain them through a linnen cloth, boil them with Roſe-water, whole mace and Anniſe-ſeeds, till the ſubſtance be thick, ſpread it upon a fair cloth, draining the whey from it, after let it hang in the ſame cloth ſome few hours, then ſtrain it and ſeaſon it with Roſe-water and Sugar.

To ſtew Beef.

Take a good Rump of Beef, cut from the bones, ſhred Turnips and Carrots ſmall, and Spinage, and Lettice, put all in a pan, and let it ſtew 4 hours with ſo much water, and a quart of white-wine as will cover it, when it is ſtewed enough, then put in a wine-glaſs full of Elder Vinegar, and ſerve it in with ſippets.

To ſouce a young Pig.

Take a young Pig being ſcalded, boil it in fair water, and White-wine, put thereto Bay-leaves, whole Ginger, and Nutmeg quartered, a few whole Cloves, boil it throughly, and leave it in the ſame broth in an earthen pot.

To boil Flawnders or Pickrels after the French faſhion.

Take a pint of white-wine, the tops of young Time and Roſemary, a little whole mace, a little whole Pepper, ſeaſoned with Verjuice, ſalt, and a piece of ſweet Butter, and ſo ſerve it, this broth will ſerve to boil fiſh twice or thrice in, or four times.

To make fleſh of Apricocks.

Take Apricocks when they are green, and pare them, ſlice them, and take half their weight in ſugar, put it to them, ſo put them in a Skillet, and as much water as you think will melt the ſugar, ſo let

let them boil, and keep them ſtirring till they be tender, and ſo take them off, and ſcum them very clean, ſo put them forth of the skillet and let them ſtand, take as much ſugar as you had before, and boil them into a candy height, and then put in your Apricocks and ſet them over a ſoft fire but let them not boil, ſo keep them with oft ſtirring, till the ſyrrup begin to jelly, then put them in glaſſes, and keep them for your uſe.

To make Fiſh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfs, boil them in a thin ſyrrup till they be tender, then take them off, and let them lie in ſyrrup; then take Quinces, pare and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and then ſtrain out the liquor clean from them, and take unto a pint of

that

that liquor a pound of ſugar, pu
as much water to the ſugar a
will melt it, then boil it, to a can
dy height; then ſtir the Quince
that are in the ſyrrup as thin a
you can, when your ſugar is at
full candy height, put in a pin
of the liquor, then ſet it over
ſoft fire, ſtirring it leiſurely ti
the ſugar be diſſolved, then pu
in half a pound of your ſlices
keeping it ſtill ſtirring, but no
to boil, you muſt take the jelly o
Quinces kernels that have lain i
water 2 or 3 hours, take 2 good
ſpoonfuls of it, and put it to the
fleſh, ſo keep it ſtirring leiſurely
till it begin to jelly upon the ſpoon,
then put it into thin glaſſes, and
keep it in a ſtove.

To preſerve Oranges.

Take a pound of Oranges, and a
pound of ſugar, pill the outward
rind, and inward white skin off,
take juice of oranges, put them into
the juice, boil them half an hour,
and take them off.

To

To dry Cherries.

Take the faireſt Cherries, ſtone them, take to ſix pound of Cherries, a pound of ſugar, put them into a Skillet, ſtraining the ſugar among them, as you put them in, then put as much water to them as will boil them, then ſet them upon a quick fire, let them boil up, then take them off, and ſtrain them very clean, put them into an earthen pan or pot, let them ſtand in the liquor 4 daies, then take them up and lay them ſeverally one by one upon ſilver or earthen diſhes, ſet them in an Oven after the bread is tak n out, and ſo ſhift them every day upon dry diſhes, and ſo till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, ſtone them, take to four pound of Peaches, a pound of ſugar, then take a gally pot and lay a lane of Peaches, and a lane of ſugar, till all be laid

laid out, then put in half a pint of water, ſo cover them cloſe, and ſet them in embers to keep warm, ſo let them ſtand a night and a day, put them in a Skillet, and ſet them on the fire to be ſcalding hot, then put them into your pot again, and let them ſtand 24 hours, then ſcald them again, then take them out of your ſyrrup, and lay them on ſilver diſhes to dry, you may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you muſt turn them every day into clear diſhes.

To boil Veal.

Take Veal & cut it in thin ſlices, and put it into a pipkin with as much water as will cover it, then waſh a handful of Currans, and as much Prunes, then take a Courtroul, and cut it in long ſlices like a Butchers ſkiver, then put in a little Mace, Pepper and Salt, a piece of Butter, and a little Vinegar

Vinegar some crumbs of bread, and when it hath stewed 2 hours take it up and serve it.

To boil a Capon in white broth.

Truss a Capon to boil, and put it into a pipkin of water, and let it boil 2 hours, and when it is boiled take up a little of the broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then set it by the fire to keep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on with a little sack, if you have it, garnish it with sippets, and serve it, remember to boil whole Mace with your Capon, and Marrow if you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very small, putting in sometimes some of your

your broth to keep them from boiling: when they are beaten small enough, put as much of the uppermost broth to them, as will serve to cover the Capon, then strain it, and wring out the substance clear, then season it as before, & serve it with marrow on it.

How to boil Brawn.

Water your Brawn 24 hours, wash and scrape it 4 or 5 times, then take it out of the water, and lay it on a fair Table, then throw a hand ful of salt on every collar, then bind them up as fast as you can, with Hemp, Bass or Incle, then put them into your Kettle, when the water boileth, and when it boileth scum it clean, let it boil until it be so tender that you may thurst a straw through it, then let it cool until the next morning. By the souced meats you may know how to souce it.

How to boil a Gammon of Bacon.

Water your Gammon of Bacon

24 hours, then put it into a deep kettle, with some sweet Hay, let it boil softly six or 7 hours, then take it up with a scummer and a plate, and take off the skin whole, then stick your Gammon full of Cloves, strew on some gross pepper, and cut your skin like sippets, then garnish your Gammon, and when you serve it, stick it with bays.

How to boil a Rabbit.

Fley and wash the Rabbet, & slit the hinder leg on both sides of the back-bone, from the forward, and truss them to the body, set the head right up with a skuer, right down in the neck, then put it to boiling, with as much water as will cover it; when it boils scum it, season it with Mace, Ginger, Salt and Butter, then take a handful of Parsley, and a little Time, boil it by it self, then take it up, beat it with the back of a knife, then take up your Rabbet, and put

it in a dish, then put your herbs to your broth, and scrape in a Carret-root, let your broth boil a little while, put in Salt, pour it on your Rabbet, and serve it in

How to boil a Mallard with a Cabbage.

Half roast your Fowl, then take it off, and cast it down, then put it into a Pipkin with the gravy, then pick and wash some Cabbage, and put to your Mallard, with as much fair water as will cover it, then put in a good piece of butter, and let it boil an hour, season it with pepper and salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themselves, half an hour, then cut them in cakes, and put them to your Duck with Butter and Parsley chopt small, when it hath boiled half an hour, season it with Pepper and Salt, and serve it upon sops.

How

How to boil Chickens, & Sorrel-sops.

Truſs your Chickens, and boil them in water & ſalt very tender, then take a good handful of Sorrel, beat it ſtalks and all, then ſtrain it, and take a Manchet, & cut it in ſippets, and dry them before the fire, then put your green broth upon the coals, ſeaſon it with Sugar, and grated Nutmeg, and let it ſtand untill it be hot, then put your ſippets into a diſh, put your Chickens upon them, and pour ſauce upon it, and ſerve it.

How to boil a Pike in white Broth.

Cut your Pike in 3 pieces, and boil it with water and ſalt, & ſweet herbs, let it boil until it ſtain, then take the yolks of half a dozen Eggs, and beat them with a little Sack, Sugar, melted butter, and ſome of the Pikes broth, then put it on the fire to keep it warm but ſtir it often leſt it curdle, then take up your Pike, and put the head and tail together, then cleave

the other pieces in two, take out the back-bone, and put one piece on the one ſide, & the other piece on the other ſide, but blanch all, then pour on your white broth, garniſh your diſh with ſippets and boiled parſley, and ſtrew on powder of Ginger, and wipe the edge of the diſh round, and ſerve it.

How to boil divers kinds of Fiſh.

Bat, Conger, Thornback, Plaice, Salmon, Trout or Mullet, boil any of theſe with water, ſalt, and ſweet herbs, when they boil, ſcum it very clean, then put in vinegar, and let it boil till you think it is enough, your liquor muſt be very hot of the ſalt, then take it off, you may let it ſtand 5 or ſix days in the liquor, then if you would keep it longer, pour that liquor away, and put water and ſalt to it, or ſoucing drink, you muſt remember to let your Mullets boil ſoftly, and your Thornback & other fiſh very faſt, you muſt blanch your Thorn-

Thornback while it is warm, and when you ſerve any of thoſe fiſhes, ſtrew on ſome green herbs.

How to make a Sallet of all manner of Herbs.

Take your Herbs, & pick them clean, and the flowers, waſh them clean, and ſwing them in a ſtrainer, then put them into a diſh, and mingle them with Cucumbers and Lemons ſliced very thin, then ſcrape on ſugar and put in vinegar & oyl, then ſpread the flowers on the top, garniſh your diſh with hard Eggs, and all ſorts of your flowers, ſcrape on ſugar, and ſerve it in.

How to ſtew Steaks between two Diſhes.

You muſt put Parſly, Currans, Butter, Verjuice, and 2 or 3 yolks of Eggs, Pepper, Cloves and Mace, and ſo let them boil together, and ſerve them upon ſops, likewiſe you may do ſteaks of Mutton or Beef.

How to ſtew Calves ſett.

Boil them, and blanch them, cut them in two, and put them into a Pipkin with ſtrong broth, then put in a little powder of Saffron, and ſweet Butter, Pepper, Sugar, & ſome ſweet herbs finely minced, let them ſtew an hour, put in ſalt and ſave them.

How to ſtew a Mallard.

Roaſt your Mallard half enough, then take it up, and cut it in little pieces, then put it into a diſh with the gravy, and a piece of freſh Butter, and a handful of Parſley chopt ſmall with two or three Onions, and a Cabbage-lettice, let them ſtew one hour, then ſeaſon it with pepper, and ſalt, and a little Verjuice, then ſerve it.

How to ſtew Trouts.

Draw your Trouts, and waſh them, & then put them into a diſh with white-wine, and water, and a piece of freſh Butter, then take a handful of Parſley, a little Thyme,

and

and a little Savory ; mince these small, and put to your Trouts with a little sugar, let them stew half an hour, then mingle the yolks of 2 or 3 hard Eggs, and strew them on your Trouts with Pepper and salt, then let them stew a quarter of an hour and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders into a dee dish with white-wine and water, a little Rosemary and Tyme a piece of fresh Butter, and some large Mace, and salt, let them stew half an hour, then take a handful of Parsley and boil it, then beat it with the back of a knife, then take the yolks of 3 or 4 Eggs, and beat them stith some of your fish broth, then dish up your fish upon sippets, pour on your sauce, scrape on sugar, and serve it.

How to stew Rabbets.

Half roast it, then take it off the Spit, and cut it in little pieces, and put it into a dish with the gravy,

and as much liquor as will cover it, then put in a piece of fresh butter, and some powder of Ginger, some Pepper and Salt, 2 or 3 Pippins minced small, let these stew an hour, then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it in pieces, put it into a dish with the gravy, and put in a little Cloves and Mace with a few Barberries or Grapes, put these to your Pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets & serve it.

How to stew cold Chickens.

Cut them in pieces, put them into a pipkin of strong broth, and a piece of Butter, then grate some bread and a Nutmeg, thicken your broth with it, season your meat with gross Pepper, and Salt, dish it upon sippets, and serve it.

How to make Paste for a Pasty of Venison.

Take almost a peek of Flower, wet

wet it with two pound of butter, and as much ſuet, then wet your Paſte, put in the yolks of 8 or 10 Eggs, make reaſonable light paſte, then roul it and lay it on ſuet, firſt lay a paper under your paſte, then lay on your Veniſon, cloſe it, pink it, baſte it with butter, and bake it, when you draw it out, baſte it with butter again.

How to make paſte for a Pye to keep long.

Your flower muſt be of Rie, and your liquor nothing but boiling water, make your paſte as ſtiff as you can, raiſe your coffin very high, let your bottom and ſides be very thick and your lid alſo.

How to make paſte for a Cuſtard.

Your liquor muſt be boiling water, make your paſte very ſtiff, then roul out your paſte, and if you would make a great Tart, then raiſe it, and when you have done cut the bottom a little from the

the side, then roul out a thin sheet of paste, lay paper under it, strew flower that it may not stick to it; then put your coffin on it, of what fashion you will, then dry it, and fill it, and bake it.

How to make Paste for buttered Loaves.

Take a pottle of flower, put thereto Ginger, and Nutmeg, then wet it with milk, yolks of Eggs, Yest, and Salt, then make it up into little loaves, then butter a paper, & put the loaves on it, then bake them, and when they are baked, draw them forth, and cut them in Cakes, butter them, then set them as they were, scrape on sugar, and serve them.

How to make Paste for Dumplins.

Season your flower with Pepper, Salt, and Yest, let your water be more than warm, then make them up like Manchet, but let them be somewhat little, then put them into your water when it boileth, and

& let them boil an hour, then butter them,

To make Puff Paste.

Take a quart of flower & a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put in 3 or 4 Eggs to it, and as much cold water as will make it a little paste, then work it in a piece of a foot long, then strain a little flower on the table, & take it by the end, beat it while it stretch long, then put the 2 ends together, and beat it again, and so do 5 or 6 times, then work it up round, and roul it out broad, then beat your pound of butter with a rouling pin that it may be light, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rouling pin, and roul it out again, and so do five or six times, then use it as you will.

To bake Gammon of Bacon.

You must first boil it two hours before you stuff it, stuff it with swee

ſweet herbs, and hard Eggs chopt together with Parſley.

To bake Fillets of Beef, or clods, inſtead of Red deer.

Firſt, take your Beef, and lard it very thick, then ſeaſon it with Pepper, Salt, Ginger, Cloves and Mace good ſtore, and a great deal more Pepper and Salt than you would do to a piece of Veniſon, then cloſe it, and when it is baked, put in ſome Vinegar, Sugar, Cinnamon, and Ginger, and ſhake it well, then ſtop the vent-hole, and let it ſtand three weeks before you ſpend it.

How to bake Calves feet.

Seaſon them with Pepper, Salt and Currans, when they be baked, take the yolks of 3 or 4 Eggs, and beat them with Verjuice, or Vinegar, Sugar, and grated Nutmeg, put it into your Pie, ſcrape on Sugar, and ſerve it.

How to bake a Turkie.

Take out his Bones and Guts, then

then wash him, then prick his back together again, then parboil him, season him with Pepper and Salt, stick some Cloves in the breast of him, then lard him, and put him into your Coffin with butter, in this sort you may bake a Goose, Pheasant or Capon.

To bake a Hare.

Take out his bones, and beat the flesh in a mortar with the Liver, then season it with all sorts of spices, then work it up with 3 or 4 yolks of Eggs, then lay some of it all over the bottom of the Pie then lay on some lard, and so do untill you have laid on all, then bake it well with good store of sweet butter.

To bake Quinces or Wardens, so as the fruit look red, and the crust white.

Your Wardens must be stewed in a pipkin with Claret-wine, Sugar, Cinnamon, and Cloves, then cover your pipkin with a sheet of paste, and let it stand in the

Oven

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How to bake a Turkie.

Take out his Bones and Guts, then

Salt, ſtick ſome Cloves in the breaſt of him, then lard him, and put him into your Coffin with butter, in this ſort you may bake a Gooſe, Pheaſant or Capon.

To bake a Hare.

Take out his bones, and beat the fleſh in a mortar with the Liver, then ſeaſon it with all ſorts of ſpices, then work it up with 3 or 4 yolks of Eggs, then lay ſome of it all over the bottom of the Pie then lay on ſome lard, and ſo do untill you have laid on all, then bake it well with good ſtore of ſweet butter.

To bake Quinces or Wardens, ſo as the fruit look red, and the cruſt white.

Your Wardens muſt be ſtewed in a pipkin with Claret-wine, Sugar, Cinnamon, and Cloves, then cover your pipkin with a ſheet of paſte, and let it ſtand in the

Oven

Oven five or six hours, then raise a Coffin of short paste put in your Wardens with Sugar, and put it into the Oven, when it hath stood an hour, take it out and wash it with Rose-water and butter, then scrape on Sugar and put it in a quarter of an hour more, and it will be red upon the top, then scrape on sugar and serve it.

To bake Chucks of Veal.

Parboil 2 pound of the lean flesh of a Leg of Veal, mince it as small as grated bread, with 4 pound of Beef suet, then season it with Biskay, Dates and Carraways, and some Rose-water, Sugar, Raisins of the Sun, and Currans, Cloves, Mace, Nutmeg, and cinnamon, then mingle them all together, fill your pies and beat them.

To bake a Chicken Pie.

Season your Chickens with nutmeg, salt, pepper, and sugar, then put them into your coffin, then take some marrow and season with the

the ſame ſpice, then roul it in yolks of Eggs, and lay it on your Chicken, with minced Dates, and good ſtore of butter, then bake it, and put in a little ſack, or Muſcadine, or white-wine and ſugar, then ſhake it, ſcrape on ſugar and ſerve it.

How to bake a Steak Pie.

Cut a Neck of Mutton in ſteaks, beat them with a Cleaver, ſeaſon them with Pepper, and Salt, and Nutmeg, then lay them on your Coffin with Butter and large Mace, then bake it, then take a good quantity of Parſley, and boil it, beat it as ſoft as the pap of an Apple, put in a quarter of a pint of Vinegar, and as much white-wine, with a little ſugar, warm it well, and put it over your ſteaks, then ſhake it, that the gravy and the liquor may mingle together, ſcrape on ſugar, and ſerve it,

To make an Italian Pudding.

Take Manchet, and cut it in

ſquare

ſquare pieces like a Die, then put it to half a pound of Beef-ſuet minced ſmall, Raiſins of the Sun the ſtones picked out, Cloves, Mace, minced Dates, Sugar, Marrow, Roſe-water, Eggs and Cream, mingle all theſe together, and put it into a diſh fit for your ſtuff, in leſs than an hour it will be baked, then ſcrape on ſugar, & ſerve it in.

How to make a Florentine.

Take the Kidney of a Loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of theſe ſmall, with the Kidney of a Loin of Mutton; if it be not fat enough, then ſeaſon it with Cloves, Mace, Nutmegs and Sugar, Cream, Currans, Eggs and Roſe-water, mingle theſe four together and put them into a diſh between two ſheets of paſte, then cloſe it, and cut the paſte round by the brim of the diſh, then cut it round about like Virginal Keys, then turn up one, and let the other lie,

lie, then pink it, cake it, ſcrape on ſugar, and ſerve it.

To Roaſt a Breaſt of Veal.

Take parſley and Thyme, waſh them, and chop them ſmall, then take the yolks of five or ſix Eggs, grated bread and Cream, mingle them together with Cloves, Mace, Nutmeg, Currans and Sugar, then raiſe up the skin of the breaſt of Veal, and put it in your ſtuff, prick it up cloſe with a Skuer, then roaſt it, and baſt it with butter, when it is roaſted, wring on the juice of a Lemon, and ſerve it.

To roaſt a Hare.

Caſe your Hare, but cut not off her ears nor legs, then waſh her, and dry her with a cloth, then make a pudding, and put into her belly, then ſow it up cloſe, then truſs her as if ſhe were running, then ſpit her, then take ſome Claret-wine, and grated bread, Sugar, and Ginger, Barberies, and butter, boil theſe together for your ſauce.

To

To roast a Shoulder of Mutton.

Roast it with a quick fire, that the fat may drop away, and when you think it is half roasted, set a dish under it, and flesh it with a knife a-cross as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravy half a pint of white-wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, a handful of Sugar, and stew all these together, and pour it on your meat.

To roast a Neats-Tongue.

Boil him and blanch him, cut out the meat at the butt-end, and mingle it with Beef-suit as much as an Egg, then season it with Nutmeg, and Sugar, Dates, Currans, and yolks of raw Eggs, then put your meat to the Tongue, and bind it with a Cawl of Veal or Mutton, then roast it, baste it with

with butter, ſave the gravy, and put thereto a little Sack or Muſcadine, let it ſtew a little while, then pour it in to your Tongues, and ſerve it.

How to roaſt a Pig with a Pudding in his belly.

Fley a fat Pig, truſs his head looking over his back, then temper as much ſtuff as you think will fill his belly, then put it into your Pig, and prick it up cloſe, when it is almoſt roaſted, wring on the juice of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and waſh your Pig all over, mingle your bread with a little Nutmeg, and Ginger, then dry it, and take it up as faſt as you can, let your ſauce be Vinegar, Butter, and Sugar, the yolk of a hard Egg minced, and ſerve it hot.

How to roaſt a Leg of Mutton.

Cut holes in a Leg of Mutton, with a knife, then thruſt in ſlices of

of Kidney ſuet, and ſtick it with Cloves, roaſt it with a quick fire, when it is half roaſted, cut off a piece underneath, and cut it into thin ſlices, then take a pint of great Oyſters with the liquor, 3 or 4 blades of Mace, a little Vinegar and Sugar, ſtew theſe till the liquor be half conſumed, then diſh up your Mutton, pour on the ſauce, and ſerve it.

How to roaſt a Neck of Mutton.

Cut away the ſwag, and roaſt it with a quick fire, but ſcorch it not, baſte it with butter a quarter of an hour, after wring on the juice of half a Lemon, ſave the gravy, then baſte it with butter again, wring on the other half of the Lemon, when it is roaſted, dry it with Manchet, and grated Nutmeg, then diſh it, and pour on your ſauce.

To roaſt a Shoulder or Haunch of Veniſon, or Chine of Mutton.

Take any of the meats, and lard them,

them, prick them with Rosemary, baste them with butter, then take half a pint of Claret-wine, Cinnamon, Ginger, Sugar, grated bread, Rosemary and butter, let all these boil together, untill it be as thick as water-gruel then put in a little Rose-water and Musk, it will make your Gallentine taste very pleasantly, put it on a fitting dish, draw off your meat, lay it into that dish, strew it with salt.

To roast a Shoulder or Fillet of Veal.

Take Parsley, Winter-savory, and Thyme, mince these small with hard Eggs, season it with Nutmeg, Pepper, Currans, work these together with raw yolks of Eggs, then stuff your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, take the gravy and put thereto Vinegar, Sugar and Butter, let it boil, when your meat is roasted, pour this sauce on it, and serve it.

To roast a Gigget of Mutton.

Take your Gigget with Cloves and Rosemary, and lard it, roast it, baste it with butter, and save the gravy, put thereto some Claret wine, with a handful of Capers, season it with Ginger and Sugar, when it is boiled well, dish up your Gigget, and pour on your sauce.

To Fry a Chicken.

Boil your Chicken in water and Salt, then quarter them into a pan with sweet butter, and let them fry leisurely, then put thereto a little Verjuice, and Nutmeg, Cinnamon and Ginger, the yolks of two or three raw Eggs, stir these well together, and dish up your Chickens, pour the sauce upon them.

How to fry Calves feet.

Boil them, and blanch them, then cut them in two, then take good store of Parsley, put thereto some yolks of Eggs, season it with Nutmeg,

Nutmeg, Sugar, Pepper, and Salt, then roul your Calves-feet in them, and fry them with ſweet butter, then boil ſome Parſley, and beat it very tender, put to it Vinegar, Butter and Sugar, heat it hot, then diſh up your feet upon ſippets, pour on your ſauce, ſcrape on ſome Sugar, and ſerve it hot.

How to fry Tongues.

Boil them, and blanch them, cut them in thin ſlices, ſeaſon them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolks of raw Eggs, the core of a Lemon cut in ſquare pieces like a Die, then fry them in ſpoonfuls with ſweet Butter, let your ſauce be white-wine, Sugar and Butter, heat it hot, and pour it on your Tongues, ſcrape on Sugar, and ſerve it.

How to make Fritters.

Make your Batter with Ale, Eggs and Yeſt, ſeaſon it with

Milk, Cloves, Mace, Cinnamon, Nutmeg and Salt, cut your Apples like Beans, then put your Apples and Batter together, fry them in boiling Lard, ſtrew on ſugar, and ſerve them.

To ſouce Brawn.

Take up your Brawn while it is hot out of your boiler, then cover it with Salt, when it hath ſtood an hour, turn the end that was under upward, then ſtrew on ſalt upon that, then boil your ſoucing-drink, and put thereto a good deal of ſalt, when it is cold, put in your Brawn, with the Salt that is about it, and let it ſtand ten daies, then change your ſoucing drink, and as you change it, put in ſalt, when you ſpend it, if it be too ſalt, change it with freſh drink.

To ſouce a Pig.

Cut off the head, and cut your Pig into two ſides, and take out the bones, then take a handful of

ſweet

ſweet Herbs, and mince them ſmall, then ſeaſon your Pig and Herbs with Nutmeg Ginger, Cloves, Mace, and Salt, then ſtrew your Herbs on the inſide of your Pig, then roul them up like two Collars of Brawn, then bind them in a cloth faſt, then put them a boiling in the boiling-pot, put in ſome Vinegar and Salt, when they are boiled very tender, take them off, let them ſtand in the ſame liquor 2 or 3 days, then put them into ſoucing-drink, and ſerve it with Muſtard and Sugar.

How to ſouce Eels.

Take 2 ſalt Eels, and fley them, cut them down the back, and take out the bones, and take good ſtore of Parſley, Thyme, and ſweet Marjoram, mince them ſmall, ſeaſon them with Nutmeg, Ginger, Pepper and Salt, ſtrew your herbs in the inſide of your Eels, then roul them up like a Collar of Brawn, put them into a cloth, and

boil them tender with ſalt and Vinegar, when they are boiled, then take them up, let it be in the pickle 2 or 3 days, and then ſpend them.

How to ſouce a Breaſt of Veal.

Take out the bones of a Breaſt of Veal, and lap it in water 10 or 12 hours, then take all manner of ſweet herbs, & mince them ſmall, then take a Lemon and cut it in thin ſlices, then lay it with your herbs in the inſide of your breaſt of Veal, then roul it up like a Collar, and bind it in a cloth, and boil it very tender, then put it into ſoucing-drink, and ſpend it.

To ſouce a Tench or Barbel.

Firſt cut them down the back, then waſh them, and put them a boiling in no more water than will cover them, when they boil, put in ſome ſalt and Vinegar, ſcum it very clean, when it is boiled enough, take it up, and put it into a diſh fit for the Fiſh, then

then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and powder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquor be the one half white-Wine, the other half water; when your liquor boileth put in your meat, with Salt and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil untill it be tender; then take it not up untill it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemary and Cloves, then roast it, being first joined very well, then baste it oft with water and salt, and when it is throughly roasted take it up, and let it cool, then

take Claret-wine and Vinegar, and as much water, boil it with Roſemary, Bayes, good ſtore of Pepper, Cloves, Salt; when it hath boiled an hour, take it off, and let it cool, then put your meat into a Veſſel, and cover it with this liquor and Herbs, then ſtop it up cloſe, the cloſer you ſtop it, the longer it will keep.

To marble Fiſh.

Take Flounders, Trouts, Smelts or Salmons, Mullets, Mackrels or any kind of ſhell-fiſh, waſh them and dry them with a cloth, then fry them with Sallade-Oyl, or clarified Butter, fry them very criſpe, then make your pickle with Claret-wine and fair water, ſome Roſemary and Thyme, with Nutmegs cut in ſlices, and Pepper and Salt, when it hath boiled half an hour, take it off, and let it cool, then put your fiſh into a Veſſel, cover it with liquor and ſpice, and ſtop it cloſe.

How to make a Tart of wardens.

You muſt firſt bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart, with ſugar, Cinnamon, and Ginger, then cloſe up your Tart, and when it is almoſt baked, do it as your Warden-pie, ſcrape on ſugar and ſerve it.

To make a Tart of green Peaſe.

Take green Peaſe, and ſeeth them tender, then pour them out into a Cullender, ſeaſon them with Saffron, ſalt, and ſweet butter, and ſugar, then cloſe it, then bake it almoſt an hour; then draw it forth, and ice it, put in a little Verjuice, and ſhake it well, then ſcrape on ſugar and ſerve it.

How to make a Tart of Rice.

Boil your Rice, & pour it into a Cullender, then ſeaſon it with Cinnamon, Nutmeg, Ginger and Pepper and Sugar, the yolks of 3 or 4 Eggs, then put it into your Tart, with the juice of an Orange,

then close it, bake it, and ice it, scrape on sugar and serve it.

How to make a Tart of Medlars.

Take Medlars that are rotten, then scrape them, then set them upon a chafing-dish of coals, season them with the yolks of Eggs, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon; then close your Tart, bake it and ice it, then make a sirrup of Muskadine, and Damask-water, and pour this into your Tart, scrape on sugar and serve it.

How to make a Tart of Strawberries.

Wash your Strawberries, and put them into your Tart, season them with sugar, Cinnamon, Ginger, and a little red-Wine, then close it, and bake it half an hour, ice it, scrape on sugar and serve it.

To

To make a Tart of Hips.

Take Hips and cut them, and take out the seeds very clean, then wash them, season them with sugar, Cinnamon and Ginger, then close your Tart, bake it, ice it, scrape on sugar, serve it.

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret-Wine, Cinnamon and Ginger, let them stew half an hour then pour them out into a Cullender, but break them not, when they are cold, lay them one by one into the Tart, then lay on sugar, bake it, ice it, scrape on sugar, and serve it.

How to scald Milk after the Western fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, and let it stand two hours, then set it over the fire

till it begin to heave in the middle, then take it off, but jog it as little as you can, then put it into a room where it may cool, and no duſt fall into it, this Milk or Cream you may keep two or three days.

To make a Junket.

Take Ewes or Goats milk, if if you have neither of theſe, then take Cows-milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a diſh, and let it cool, then ſtrew on Cinnamon and ſugar, then take ſome of your aforeſaid Cream and lay on it, ſcrape on ſugar and ſerve it.

To make Cream Clutter.

Take milk, and put it into an earthen pot, and put thereto Runnet, let it ſtand two days, it will be all in a curd, then ſeaſon it with ſome ſugar, Cinnamon, and cream, then ſerve it, this is beſt in the hotteſt of the ſummer.

To

To make a white-pot.

Take a quart of Cream, and put it over the fire to boil, season it with sugar, Nutmeg, and Cinnamon, Sack and Rose-water, the yolks of seven or eight Eggs, beat your Eggs with Sack and Rose-water, then put it into your cream, stir it that it curdle not, then pare two or three pippins, core and quarter them, and boil them with a handful of Raisins of the Sun, boil them, tender, and pour them into a cullender, then cut some sippets very thin, and lay some of them in the bottom of the dish, and lay on half your Apples, and currans, then pour in half your Milk, then lay on more sippets, and the rest of your Apples and Raisins, then pour on the rest of your Milk bake it, scrape on sugar, and serve it.

How to make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of the

the Sun, and as many currans, and a piece of Butter, then grate Manchet, and Nutmeg alſo, and put thereto a little flower; when your Milk boileth, put in your bread, let it boil a quarter of an hour, and put in a piece of butter in the boiling of it, and ſtir it always, then diſh it up, pour on butter and ſerve it.

To make a Pudding in a diſh.

Take a quart of Cream, put thereto a pound of Beef-ſuet minced ſmall, put it to your Milk, ſeaſon it with Nutmeg, Sugar, Roſe-water and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets, and grate them, and put unto it, then mingle thoſe together well, then put it into a diſh, and bake it, when it is baked, ſcrape on ſugar, and ſerve it.

To boil Cream.

Take a quart of Cream, and

ſet

set it a boiling with Mace, whilst your Cream is boiling cut some thin sippets, then take seven or eight yolks of Eggs, put them with Rose-water and sugar, and a little of your Cream, when your Cream boileth take it off the fire, and put in your Eggs, and stir it very fast that it curdle not, then put your sippets into the dish, pour in your Cream, and let it cool; when it is cold, scrape on sugar and serve it.

To draw Butter.

Take your Butter, and cut it into thin slices, put it into a dish then put it upon the coals where it may melt leisurely, stir it often, and when it is melted, put in two or three spoonfuls, of water, or Vinegar, which you will, stir them and beat it untill it be thick.

Lady of Arundels *Manchet.*

Take a bushel of fine Wheat-flower, twenty Eggs, three pound of fresh butter, then take as much

much ſalt and barm as to the ordinary manchet, temper it together with new Milk pretty hot, then let it lie the ſpace of half an hour to riſe, ſo you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pidgeons.

Boil them in water and ſalt, take a handful of Parſley, as much Time ſtript, two ſpoonfuls of Capers minced all together, and boil it in a pint of the ſaid liquor a quarter of an hour, then put in two or three ſpoonfuls of Verjuice, two Eggs beaten, let it boil a little, and put to a little Butter, when you have taken it off the fire, ſtir this all together, and pour it upon the Pidgeons, with ſippets round the diſh

A Florentine of ſweet-bread or Kidneys.

Parboil three or four Kidneys, and mince them ſmall, ſeaſon them with Nutmeg, one ſtick of Cinna-

Cinnamon, beat as much Sugar as will ſweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond paſte, a glaſs of Maligo-ſack, two ſpoonfuls of Roſe-water, a grain of Musk, and one grain of Ambergriece, and a quarter of a pint of cream, three or four Eggs, and mix all together, and make it up in puff paſte, and bake it three quarters of an hour.

A Pork-pie.

Boil your leg of Pork, ſeaſon it with Nutmeg and Pepper, and ſalt, bake it five hours in a round pie.

A Chicken-Pie.

Scald and ſeaſon your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper, and Salt, then put them in your Pie, then put three quarters of quartered Lettuce, and ſix Dates quartered and a handful of Goosberries, and half

half a sliced Lemon, and 3 or four branches of Barberries, and a little Butter, you may use to four Chickens three marrow-bones rould in yolks of Eggs, and Ringo-roots, and some preserved Lettuce, make a caudle, and put in when the pie cometh out of the Oven, an hour and a half is enough to stand in the Oven.

A Lamb Pie.

Take the same ingredients you did for the Chicken-pie, only leave out the marrow, the Ringo-roots, and the preserved Lettuce, make your caudle of White-wine, Verjuice and Butter, put it in when the pie comes out of the Oven.

Sauce for a Shoulder of Mutton.

Take a spoonful of Herbs, and as many Capers, hil a pint of white-Wine, half a Nutmeg, and two Eggs; when it is boiled put a piece of Butter to the gravie, when it is boiled, take it off, and put the butter in.

A Lumbar Pie.

Take three or four ſweet-breads of Veal, parboil and mince them very ſmall, then take the Curd of a quart of Milk, turned with three Eggs, half a pound of Almond-paſt, and a penny loaf grated, mingle theſe together, then take a ſpoonful of ſweet herbs minced very ſmall, alſo ſix ounces of Oringado, and mince it, then ſeaſon all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three ſpoonfuls of Roſe-water, three or four Marrow-bones, mingle all theſe together, except the Marrow, then make it up in long Boles, about the bigneſs of an Egg, and in every bole put a good piece of Marrow, put theſe into the Pie; then put a quarter of a pound of butter, and half a ſliced Lemon, then make a caudle of white-Wine, ſugar and Verjuice,

Verjuice, put it in when you take your Pie out of the Oven, you may uſe a grain of Muſk and Ambergriece.

An Oyſter Pie.

Seaſon your Oyſters with Nutmegs, Pepper, and Salt, and ſweet herbs, your Oyſters being firſt thrown into ſcalding water, and parboiled, ſeaſon them, and put them into the Pie; put 2 or three blades of Mace, and half a ſliced Lemon, and the Marrow of two bones rouled in the yolks of Eggs, and ſome Butter, then let your Pie ſtand almoſt an hour in the Oven, then make a caudle of Verjuice, Butter and Sugar, put it into your Pie; when you take it out of the Oven, you may uſe two Nutmegs to one quart of Oyſters and as much pepper as the quantity of 3 Nutmegs, but leſs Salt, and one ſpoonful of ſweet herbs.

An Hartichoak Pie.

Take the bottoms of boiled Harti-

Hartichoaks, and quarter them, & take the meat from the leaves, ſeaſon it with half an ounce of Cinnamon, and half an ounce of beaten Nutmeg, and two ounces of ſugar, and put them into your Pie, and boiled marrow rouled in yolks of Eggs, and ſix blades of large Mace, Lemon ſliced, ſix quartered Dates, and a quarter of a pound of Eringo-roots, half a pound of freſh butter, then let it ſtand in the oven one hour, and when you take it out, put a caudle into your Pie made of white-Wine, ſugar and Verjuice.

A Calves-foot Pie.

Mince your Calves-feet very ſmall, then ſeaſon them with two Nutmegs, and three quarters of an ounce of Cinnamon, 1 quarter of a pound of ſugar, half a pound of Currans, two Lemon pills minced, ten Dates minced, 2 ſpoonfuls of Roſe-water, and half a pound of freſh butter, bake it an hour, and

put

put a caudle into it, made of white-Wine, sugar, and Verjuice.

A Skirret Pie.

Take a quarter of a peck of Skirrets blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo-roots, and preserved Lettice, sliced Lemon, four blades of mace, three or four branches of preserved Barberries, and half a pound of Butter, then let it stand one hour in the Oven, then put a caudle made of white-Wince, Verjuice, Butter and sugar, put in into the Pie when it comes out of the Oven.

A Calves head Pie for Supper.

Boil your Calves-head almost enough, cut it in thin slices all from the bone, season it with 3 beaten Nutmegs, a quarter of an

ounce

ounce of Pepper, and as much ſalt as there is ſeaſoning, then take a ſpoonfull of ſweet herbs minced ſmall, and two ſpoonfuls of ſugar, and two or three Hartichoak bottoms boiled, and cut them in thin ſlices, and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo-roots, & quarter of a pound of Currans, then put it into your Pie, and put a quarter of a pound of butter, and a ſlieed Lemon, three or four blades of mace, three or four quartered Dates, let it ſtand an hour and more in the oven, then when you take it out, put into it a caudle made of ſugar, white-Wine, Verjuice and Butter.

A Lark Pie.

Take three dozen of Larks, ſeaſon them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of mace beaten, then take the Lumber pye-meat, and

and fill their bellies, if you will; if not, take half a pound of ſuet, and one pound of Mutton minced, half a pound of Raiſins of the Sun, and ſix Apples minced all together very ſmall, then ſeaſon it with a Nutmeg, pepper and ſalt, and one ſpoonful of ſweet Herbs, and a Lemon pill minced, one penny loaf grated, a quarter of a pint of Cream, two or three ſpoonfuls of Roſe-water, three ſpoonfuls of Sugar, one or two ſpoonfuls of Verjuice; then make this in boles, and put it in three bellies, and put your Larks in your Pye, then put your marrow rouled in yolks of Eggs upon the Larks, and larg mace, and ſliced Lemon, and freſh butter, let it ſtand in the Oven an hour, when you take it out, make your caudle of Butter, Sugar, and white-Wine Vinegar, put it into the Pye.

A hot Neats-Tongue for Supper.

Boil your Tongue till it be tender; blanch it, and cut it in thin pieces, season it with Nutmeg and a quarter of an ounce of pepper, and as much salt as seasoning, then take six ounces of Currans, season it all together, and put it into the Pye, then put a Lemon sliced, and Dates and Butter, then bake it, and let it stand an hour and half, then make a caudle of White-wine and Verjuice, Sugar and Eggs, and put it in when you take it out of the Oven.

A cold Neats-Tongue Pye.

Your Tongue being boiled, blanched and larded with Pork and Bacon, season it with the same ingredients the Deer hath; that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and mace together, and half an ounce of pepper, beat your spice all together, more salt than

than seasoning, and likewise lay in the liquor, bake it two hours, but put one pound of butter in your Pie before you lid it.

A Potato Pye for Supper.

Take three pound of boiled and blanched Potatoes, and three Nutmegs, and half an ounce of Cinnamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your Pie, then take the marrow of three bones rouled in yolks of Eggs, and sliced Lemon, and large mace, and half a pound of butter, six Dates quartered, put this into your Pie, and let it stand an hour in the Oven, then make a sharp caudle of Butter, Sugar, Verjuice and white-Wine, put it in when you take your Pye out of the Oven.

A Pigeon or Rabbet Pie.

Take one ounce of Pepper and more salt, then season your Pigeons or Rabber, and take two Nutmegs

megs, grated with your ſeaſoning, then lay your Rabbet in the Pie, and one pound of Butter; if you heat the Pie hot: then put in two or three ſlices of Lemon, and 2 or 3 blades of Mace, and as many branches of Barberries, and a good piece of freſh butter melted, then take it and let it ſtand an hour and half, but put not in the freſh butter till it comes out of the Oven.

To make puff-Paſt.

Break 2 Eggs in 2 pints of flower, make it with cold water, then roul it out pretty thick and ſquare, then take ſo much butter as paſt, and lay it in a rank, and divide your butter in five pieces, that you may lay it on at 5 ſeveral times, roul your paſte very broad, then rake one part of the ſame butter in little pieces all over your paſte, then throw a handful of flower ſlightly on, then fold up your paſte, and beat it with a rouling-pin, ſo roul it out

again; thus do five times, and make it up.

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and ſtrain them into the Cream, and grate in a Nutmeg and half, take 6 ſpoonfuls of flower, beat half a pound of Almonds with ſome Cream, and put it into the cream, nnd mix this together, boil your Pudding an hour and no more, firſt flower the Bag you put it in, then melt freſh butter, and take ſugar & Roſe-water, beat it thick, and pour it on the pudding, you may put to it a little Milk, and ſtick blanched Almonds and Wafers in it, add to the ſame pudding, if you will, a penny-loaf grated, a quarrern of Sugar, 2 Marrow-bones, 1 Glaſs of Maligo-ſack, ſix Dates minced, a grain of Ambergriece, a grain of Musk, 2 or 3 ſpoonfuls of Roſe-water, bake the Pudding in little wood-diſhes, but firſt butter them,

them, your Marrow must be stuck to and again; then bake it half an hour, five or seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the top.

Frigasie of Veal.

Cut your meat in thin slices, beat it well with a rouling-pin, season it with Nutmeg, Lemon, & Tyme, fry it slightly in a pan, beat 2 Eggs, and 1 spoonful of Verjuice and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, & Salt, mince some Time, and Lemon, & throw it upon your meat, then fry it slightly in a pan, then throw in 2 Eggs beaten in Verjuice & sugar into the pan, also a handful of Goosberries, shake it together and dish it.

Frigaſie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them in thin ſlices, ſeaſon them with Time and Lemons minced, Nutmeg, and Salt, a handful of Sorrel minced, then fry it well with ſix ſpoonfuls of Verjuice, one ſpoonful of Sugar, beat it together, ſo diſh it with ſippets about.

Another Frigaſie of Chickens.

Take the former ingredients, and add to it boil'd Hartichoak bottoms with the meat of the leaves, and a handful of ſcalded Goosberries, and boiled Skirrets & lettuce toſſed in butter & when they are boiled, and 2 ſpoonfuls of Sugar, 2 Eggs and Verjuice beaten together, and lay your Lettuce upon your Chickens as before, and ſliced Lemon upon it, and ſippets upon the Diſh.

A Frigaſie of Rabbets.

Cut your Rabbets in ſmall pieces, and mince a handful of Time, and

and Parſly together, & a Nutmeg, pepper and ſalt, ſeaſon your Rabbets, then take two Eggs, and Verjuice beaten together, and throw it in the pan, ſtick it, and diſh it up in ſippets.

To hash a Shoulder of Mutton.

Half roaſt your Mutton at a quick fire, cut it in thin ſlices, ſtew it with gravy, ſweet Marjoram and Capers, and Onions, 3 Anchovies, Oyſters, half a Nutmeg, half a ſliced Lemon; ſtir this altogether with the meat, let it ſtew till it be tender in a diſh, then break 3 or four yolks of Eggs and throw it in the diſh with ſome butter, toſſe it well together, and diſh it with ſippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, 3 or 4 Nutmegs, one pound of Almond paſte, 2 pound of Butter, and one pint of Cream, three ſpoonfuls of Roſe-water, 3 quarters of a pound

of Sugar, half a pint of Sack, a quarter of a pint of Yeſt, and ſix Eggs, ſo make it, and bake it.

To make a Leg of Mutton three or four Diſhes.

Take a Leg of Mutton, cut out the fleſh and the bone, but ſave the skin whole, divide the meat in three pieces, and take the tendereſt, and cut in thin ſlices, and beat it with a rouling pin, ſeaſon it with Nutmeg, pepper and ſalt, & mince Time and Lemon-pill, fry it till it be tender, then beat 2 Eggs, with a ſpoonful of Verjuice, throw 2 Anchovies into the pan, ſhake it all together, & put it into the diſh with ſippets round the Diſh, being dreſt with Barberries ſcalded, parſly and hard Eggs minced.

Another part of the ſame meat ſtew in a diſh, with a little white-Wine, a little butter, and ſliced Lemon, one Anchovy, two Oyſters, two blades of Mace, a little Time

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on a branch, & one whole Onion; take out the Time and the Onion when it is ſtewed; do it all together on a Chafing-diſh of coals till it be tender, then diſh it, garniſh your diſh with hard Eggs, and Barberries, and ſliced Lemons, and ſippets round the diſh.

Take another part of the ſame meat, mince it ſmall with Beef ſuet, and a handful of Sage, to 3 quarters of a pound of ſuet add one pound of meat, you may uſe a ſpoonful of pepper and ſalt, mix this all together, & ſtuff the skin of the leg of Mutton hard, skuer it cloſe, and ſpit it at a quick fire, and will roaſt it in an hour.

Take another part of the ſame meat, then put in the pepper and ſalt with a grated Nutmeg, ſome ſweet Herbs, and a Lemon pill minced, a penny-loaf grated, one ſpoonful of Sugar, a quarter of a pound of Raiſins, and a quarter of Currans, minced all together with

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the meat and the ſuet, and the reſt of the ingredients, put to 2 ſpoonfuls of Roſe-water, and as much ſalt as ſpice; then make it up in little long boles or roules, and butter your diſh, and lay them in with a round hole in the middle, ſet them in an Oven half an hour, then pour the liquor which will be in the diſh, and melt a little butter, Verjuice and ſugar, and pour upon it, garniſh your diſh, ſtick in every long roul, a flower of paſte, and a branch in the middle.

To ſouce an Eel.

Souce your Eel with a handful of ſalt, ſplit it down the back, take out the Chine-bone, ſeaſon the Eel with Nutmeg, Pepper, and Salt, and ſweet herbs minced, then lay a pack-thread at each end, and the middle roul up like a Collar of Brawn, then boil it in water and ſalt, and vinegar, and a blade or two of Mace, and half a ſliced Lemon, boil it half an hour,

hour, keep it in the ſame liquor two or three days, then cut it out in round pieces, and lay ſix or ſeven in a diſh, with parſly, and Barberries, and ſerve it with Vinegar in ſaucers.

To ſouce a Calves-Head.

Boil your Calves-Head in water and ſalt, ſo much as will cover it, then put in half a pint of Vinegar, a branch of ſweet herbs, a ſliced Lemon, and half a pint of white-Wine, two or three blades of Mace, and one ounce or two of Ginger ſliced; boil it all together till it be tender, keep it in the liquor 2 or 3 days, ſerve it, the diſh upright, and ſtick a branch in the mouth, and in both eyes, garniſh the diſh with jelly of pickled cucumbers, and ſaucers of Vinegar and jelly, and Lemon minced.

A ſtewed Rabbet.

Cut your Rabbet in pieces, and ſeaſon it with Pepper and Salt, Time, Parſly, Winter-ſavoury, and

and ſweet-Marjoram, three Apples, and 3 Onions minced all together, ſtew it till it be tender with Vinegar and water, put a good piece of butter in, ſtir it all together in your diſh, put ſippets in the bottom, then ſerve it up with the head in the middle of the diſh with ſippets in the mouth.

Lay your Pig in the ſame ingredients as you did for your Calves-head, uſe the ſame for a Capon, and the ſame for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and ſalt, and wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skirrets boiled, and blanched, when the Chickens and theſe things are ſtewed, take a pint of liquor up, & put to it a quart of white-Wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece of

of butter, and lay them in the diſh, and pour it on.

To boil a Rabbet.

Boil it in water and Salt, mince Thyme and Parſley together, a handful of each, boil it in ſome of the ſame liquor, then take three or four ſpoonfuls of Verjuice, a piece of Iriſh Butter, two or three Eggs, ſtir the Eggs together in the liquor, ſet it upon the fire till it be thick, then pour it upon the Rabbet, ſo ſerve it in.

To boil a Duck.

Half roaſt your Duck with a quick fire, take as much Wine and water as will cover her, take ſome Thyme and Parſley, and one handful of ſweet marjoram, two blades of mace, half a Lemon ſliced, ſtew theſe together half an hour without Onions, take ſome of your liquor, and thicken it with 3 or 4 Eggs, two

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or 3 spoonfuls of Verjuice, a piece of Butter, and as much sugar as will lie upon it, dish your Duck, and boil three or four slices of Lemon by it self, and hard Eggs minced, put this upon your Duck, then pour your liquor upon it with Barberries, so you may boil Pigeons with the same ingredients, Plover or Teal.

A roasted Shoulder of Mutton.

When it is roasted, slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mix all together, boil them one hour in strong broth and white-Wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first salt on the meat, then the hard Eggs and sliced Lemon and Barberries.

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